

## SipTilSend - A recommended protocol

For 6 hours	No food. No chewing gum. No sweets. No fizzy drinks. No soup.
before surgery	(Babies may have breast milk until 3 hours before surgery.)
From 6 hours	You may drink unlimited clear fluids: water
before surgery	black tea or black coffee
until 2 hours	squash or juice without bits
before surgery	Some hospitals may give you carbohydrate drinks.
From 2 hours	You may sip slowly on clear fluids: water
before surgery	black tea or black coffee
until the operating	squash or juice without bits
theatre team	• <b>Up to 170mls per hour</b> (that's a standard NHS cup) until the
'send for' the	operating team send for you
patient	For a child: up to 3ml per kilogram body weight per hour (up
'Sip Til Send'	to 170ml per hour for 55kg+ child)
This applies to all patients unless a senior clinician has requested an "opt out" for an	
individual patient.	
This also applies to patients having sedation.	

Please see the '<u>SipTilSend'</u> webpage. The above protocol is a pragmatic resource to enable any UK hospital to start SipTilSend to benefit patients. We encourage NHS sites to add this as an appendix to fasting or sedation policies. Many hospitals and organisations will be happy to share their resources. @SipTilSend Local variations:

- Some hospitals allow tea or coffee with up to 15ml of milk.
- If a patient has been chewing gum or eating sweets, the anaesthetist or sedation prescriber should decide to cancel or not, balancing risks.
- Some hospitals allow patients to bring water bottles to drink freely up till 2 hours before surgery, but bottles can contaminate water coolers, and it can be difficult to assess the amount drunk.

## References:

- 1. <a href="https://esaic.org/quideline/pre-operative-fasting-in-children/">https://esaic.org/quideline/pre-operative-fasting-in-children/</a>
- 2. https://www.bjaopen.org/article/S2772-6096(24)00075-3/fulltext
- 3. https://www.shfa.scot.nhs.uk/Resources/docs/SHFA-SipTilSend-v1.1-November-2021.pdf
- 4. https://associationofanaesthetists-publications.onlinelibrary.wiley.com/doi/10.1002/anr3.12271
- 5. <a href="https://www.sciencedirect.com/science/article/pii/S2772609624000261">https://www.sciencedirect.com/science/article/pii/S2772609624000261</a>
- 6. https://pubmed.ncbi.nlm.nih.gov/37982593/
- 7. <a href="https://www.bjanaesthesia.org/article/\$0007-0912(19)31004-9/fulltext">https://www.bjanaesthesia.org/article/\$0007-0912(19)31004-9/fulltext</a>
- 8. **Video** from Derby and Burton: <a href="https://youtu.be/ZYc3LN2hILU">https://youtu.be/ZYc3LN2hILU</a>
- 9. Video from Tayside: <a href="https://www.youtube.com/watch?v=NlxgPRmtQLk">https://www.youtube.com/watch?v=NlxgPRmtQLk</a>
- Media release from Derby and Burton: <a href="https://www.uhdb.nhs.uk/latest-news/new-fasting-guidance-allowing-adults-to-sip-water-before-surgery-or-procedure-launched-across-uhdb-16895/">https://www.uhdb.nhs.uk/latest-news/new-fasting-guidance-allowing-adults-to-sip-water-before-surgery-or-procedure-launched-across-uhdb-16895/</a>
- 11. Information from South Tees: https://www.southtees.nhs.uk/resources/sip-til-send/
- 12. Information from Aneurin Bevan University Health Board: <a href="https://abuhb.nhs.wales/news/news/sip-til-send-new-fasting-guidance-allowing-patients-to-sip-water-before-surgery-or-procedure-launched/">https://abuhb.nhs.wales/news/sip-til-send-new-fasting-guidance-allowing-patients-to-sip-water-before-surgery-or-procedure-launched/</a>
- 13. Information from Victoria, Australia: <a href="https://www.safercare.vic.gov.au/best-practice-improvement/clinical-guidance/non-urgent-elective-surgery/sip-til-send-fluid-fasting">https://www.safercare.vic.gov.au/best-practice-improvement/clinical-guidance/non-urgent-elective-surgery/sip-til-send-fluid-fasting</a>
- Information from New South Wales <a href="https://aci.health.nsw.gov.au/networks/anaesthesia-perioperative-care/resources/sip-til-send">https://aci.health.nsw.gov.au/networks/anaesthesia-perioperative-care/resources/sip-til-send</a>
- Information from Dublin <a href="https://www.hse.ie/eng/about/who/acute-hospitals-division/hospital-groups/dublin-midlands-hospital-group/news/-sip-til-send-new-fasting-guidance-allowing-orthopaedic-patients-to-sip-water-before-surgery-launches-in-tullamore-hospital.html">https://www.hse.ie/eng/about/who/acute-hospitals-division/hospital-groups/dublin-midlands-hospital-groups/dublin-midlands-hospital-groups/news/-sip-til-send-new-fasting-guidance-allowing-orthopaedic-patients-to-sip-water-before-surgery-launches-in-tullamore-hospital.html
- https://secure.library.leicestershospitals.nhs.uk/PAGL/Shared%20Documents/Pre%20Operative%20Fasting%20for%20Adults%20and%20Children%20UHL%20Guideline.pdf
- 17. Resources about DrEaMing from PQIP: https://paip.org.uk/pages/dreamwebnov22

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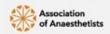












16. Policy from Leicester:





