

# CLEAR FLUID DIET PRE OPERATIVE INSTRUCTIONS

Procedure: \_\_\_\_\_

Date: \_\_\_\_\_ Please report to the admission desk at: \_\_\_\_\_

**NEW REFERRAL REQUIRED BEFORE PROCEDURE**  
**YES / NO (Send to practice not hospital)**

Location: \_\_\_\_\_

Your doctor is: \_\_\_\_\_

Your anaesthetist is: \_\_\_\_\_

If you have any questions or to discuss out of pocket expenses your anaesthetist may charge please ring: \_\_\_\_\_

## **DIET & FASTING INSTRUCTIONS:**

### **DAY BEFORE YOUR PROCEDURE**

Please commence **CLEAR FLUIDS** (yellow, orange, brown colourings only) at: \_\_\_\_\_

- Water
- Clear broth, stock cubes in water
- Cordial
- Fruit juice – strained, without pulp or seeds ie clear apple
- Teaspoon of Bonox or Vegemite in hot water
- Black tea, herbal tea or coffee
- Sugar, honey or artificial sweeteners are allowed
- Plain jelly – without fruit
- Clear ice blocks – lemon sorbet
- Sports drinks or gastrolyte.
- Soda water, mineral water, lemonade
- You may suck on barley sweets or other hard travel sweets

**No milk, milk substitutes or dairy products are allowed**

### **DAY OF YOUR PROCEDURE**

You may have **CLEAR FLUIDS** until: \_\_\_\_\_ (6 hours before admission time)

You may continue **WATER (sips only)** until \_\_\_\_\_ (4 hours before admission time)

***And then nothing by mouth until instructed by hospital staff this includes lollies, chewing gum and smoking***

*If you are having day surgery you will not be able to drive home, please arrange for someone to drive you home after your procedure. It is essential you have a responsible adult present for the next 24 hours*

# MEDICATIONS

**PLEASE TAKE ALL YOUR REGULAR MEDICATIONS **except** for the following:**

- **Clopidogrel (Plavix, Iscover, Clopidogrel Plus, Coplavix, Duo Cover)**
- **Dabiatran (Pradaxa)**
- **Rivaroxaban (Xarelto)**
- **Apixaban (Eliquis)**
- **Other anticoagulants need to be addressed specifically with your doctor**

\_\_\_\_\_ **STOP ON** \_\_\_\_\_ **LAST DOSE ON** \_\_\_\_\_

**Aspirin** should be stopped **10 days** prior to your procedure, unless otherwise instructed by your doctor.

**All natural remedies** / medications should be stopped **7 days** prior to your procedure

**Fish oil**

**Krill oil**

**Glucosamine**

**Iron** should be stopped **5 days** prior to your procedure, if colonoscopy is also being performed.

**Warfarin** should be stopped **4 days** prior to your procedure unless otherwise instructed by your doctor.

**Non-steroidal anti-inflammatory drugs** should be stopped **2 days** prior your procedure

**Nurofen/Ibuprofen**

**Indocid**

**Celebrex**

**Mobic**

**Voltaran**

**Diuretics** should not be taken on the morning of your procedure

**Fruzemide**

**Spirolactone**

If you have **diabetes** please refer to the **DIABETIC MEDICATION** pages for instructions.

**Please take all your other regular medications as per normal**