

<b>Fasting Times:</b>		
MLA /Sedation/Regional Block	Food:	6 Hours
	Fluid:	<ul style="list-style-type: none"> <li>Between 6 and 2 Hours (clear fluids) – Maximum 200mls/hour</li> <li>2 hours to admission – Nil by mouth</li> </ul>
General Anaesthetic	Food:	6 Hours
	Fluid:	<ul style="list-style-type: none"> <li>Between 6 and 2 Hours (clear fluids) – Maximum 200mls/hour</li> <li>2 hours to admission – Nil by mouth</li> </ul>
<b>Diabetic Patients</b>		
Oral Hypoglycaemic	<b>AM</b> list:	Withhold AM dose Withhold SGLT-2 medications for 24 hours
	<b>PM</b> list:	Withhold AM dose Withhold SGLT-2 medications for 24 hours
Insulin (Please ask to bring with them)	<b>AM</b> list:	Withhold AM
	<b>PM</b> list:	½ normal dose with a light breakfast
<b>Medications</b>	All else may be continued for MLA  Encourage PPI and Asthma medications to be taken	
<b>GLP-1 agonist (eg Ozempic, Wegovy)</b>	<b>Patients taking a GLP-1 may continue medication, but are asked to have a 24 hour fluid only diet, then fast completely as above from 6 hours.</b>	
<b>Anticoagulants/Antiplatelets</b>	<b>Patients will be advised to discuss anticoagulant/antiplatelet treatment with their surgeon. Surgeon and Anaesthetist will be notified if last available INR is greater than 2.</b>	

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