

Fasting Times:		
MLA /Sedation/Regional Block	Food:	6 Hours
	Fluid:	<ul style="list-style-type: none"> Between 6 and 2 Hours (clear fluids) – Maximum 200mls/hour 2 hours to admission – Nil by mouth
General Anaesthetic	Food:	6 Hours
	Fluid:	<ul style="list-style-type: none"> Between 6 and 2 Hours (clear fluids) – Maximum 200mls/hour 2 hours to admission – Nil by mouth
Diabetic Patients		
Oral Hypoglycaemic	AM list:	Withhold AM dose Withhold SGLT-2 medications for 24 hours
	PM list:	Withhold AM dose Withhold SGLT-2 medications for 24 hours
Insulin (Please ask to bring with them)	AM list:	Withhold AM
	PM list:	½ normal dose with a light breakfast
Medications	All else may be continued for MLA	
	Encourage PPI and Asthma medications to be taken	
GLP-1 agonist (eg Ozempic, Wegovy)	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.	
Anticoagulants/Antiplatelets	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.	

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