

Before a Minor or Day-Care Procedure

Small operations done under local anaesthesia or short anaesthesia

Procedure: _____

Date & time: _____

Stop eating from: _____

Stop clear fluids from: _____

The day before

- **Have a bath and wash the area** with soap and water. Do not apply any oil, cream or powder to it.
- **Do not shave the area yourself.** If hair needs removing it will be trimmed at the hospital, just before surgery. Shaving at home increases the risk of infection.
- Trim your nails and remove nail polish from the hand or foot being operated on.
- Arrange for someone to accompany you home. **You must not drive yourself home.**

FASTING — FOLLOW THE TIMES ABOVE EXACTLY

Usually: **no solid food, milk or milky tea for 6 hours** before, and **no clear fluids for 2 hours** before. Clear fluids means plain water, black tea or clear juice without pulp.
Fasting is not to inconvenience you — food in the stomach can enter the lungs during anaesthesia. If you eat by mistake, tell us; the procedure may need to be rescheduled.

Your medicines on the day

- **Take your blood pressure, heart and epilepsy tablets** as usual with a sip of water, unless we have said otherwise.
- **Diabetes medicines and insulin need adjusting** because you are fasting — ask us specifically what to do.
- Tell us if you take **blood thinners** (aspirin, clopidogrel, warfarin, apixaban, rivaroxaban) — these may need to be stopped in advance.

ON THE DAY

Wear loose, comfortable clothes. Leave jewellery, ornaments and valuables at home. Remove contact lenses. Bring your reports, scans, medicine strips and your spectacles or hearing aid.

Search: before minor surgery, day care procedure, preparation, fasting

