

# Pre-Operative Fasting Instructions

Depending on the type of surgical procedure you will be having and the time of your surgery, you are required to fast for a specific period of time before surgery. Having an empty stomach before surgery decreases the risks of anaesthesia and prevents complications during surgery, hence it is very important to follow this instruction.

You can brush your teeth in the morning, but do not swallow water after rinsing your mouth. Should you eat or drink before your surgery, please inform the nurse or doctor immediately.

If you fail to follow the fasting guidelines, your surgery may be cancelled or delayed.

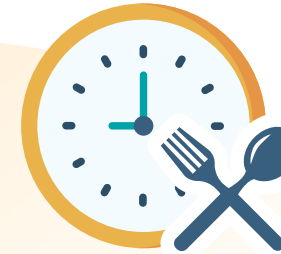
## Medication

If you take prescription medicine, you should check with the nurse ahead of time as some medications should be continued right up to immediately before surgery, and others (e.g. diabetic medicine) may need to be stopped on the day of surgery. Generally, medications taken with a sip of water before surgery do not increase the risk of anaesthesia.

## Location Map



# PRE-OPERATIVE FASTING INSTRUCTIONS



This patient information leaflet is a general guide to help patients understand specific eye conditions, treatment or tests. The information does not replace the need for individual advice from an ophthalmologist. Please consult your ophthalmologist regarding your specific eye condition and/or concerns.

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It is important that you read and follow this set of fasting instructions carefully before your surgery.

## Morning Surgery (Local & General Anaesthesia)

## Afternoon Surgery (Local & General Anaesthesia)

### MEDICATION



**Blood pressure medication:**  
Take as per normal with sips of water unless instructed otherwise by Healthcare Worker.

Do bring along your medications on day of surgery.

\*For medications: plain water only



**Diabetic medication:**  
**Stop** on the day of surgery unless instructed otherwise by Healthcare Worker.



**Blood pressure medication:**  
Take as per normal with sips of water unless instructed otherwise by Healthcare Worker.

Do bring along your medications on day of surgery.

\*For medications: plain water only



**Diabetic medication:**  
**Stop** on the day of surgery unless instructed otherwise by Healthcare Worker.

### CLEAR LIQUIDS/FLUIDS



Plain water only  
By 6am



No fluids  
After 6am



Plain water only  
By 10am



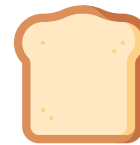
No fluids  
After 10am



### SOLID FOOD



No food intake  
after 12 midnight



Light breakfast  
✓ (1 slice of white bread or  
2 pieces of biscuits) By 6am



✗ No food intake after light breakfast

**NO OTHER BEVERAGES ARE ALLOWED.**