



NELSON DAY SURGERY
NIL BY MOUTH INSTRUCTIONS

For your personal safety, there is a “nil by mouth” period before your operation.

This means:

No food or chewing gum during the six hour period prior to your operation.

No drink of any kind (including small sips) during the six hour period prior to your operation.

You **MUST** have someone to bring and collect you on the day of your surgery. You **MUST** also have someone to stay with you on the night of your surgery. Failure to do this may risk the cancellation of your surgery.

The reason for this “nil by mouth” period is to eliminate the risk of food or fluid passing from the stomach into the lungs while you are asleep under an anaesthetic. Aspiration of the stomach contents into the lungs can cause a pneumonia like illness that is potentially very dangerous.

Our clinic and medical staff endeavour to provide quality surgery at the least risk possible. Should you be unable to conform to this requirement, it is likely your surgery will be delayed or cancelled.