

Sip til Admit - Patient

Frequently asked questions - patient

What can I have to drink?

Any clear fluid including water, clear apple juice (no pulp) or diluted cordial.

How much can I drink?

You can sip from a standard glass (200mL) which can be refilled every hour.

How do I know when I have to stop sipping?

It's simple! You can continue to sip fluids until you arrive at the Hospital/center.

Will I still require Intravenous Therapy (IVT)?

Sip til Admit is not a replacement for IVT, your admitting Doctor and/or Anaesthetist will let you know if you need IVT.

What are the instructions for hot drinks?

You may have a cup of tea or coffee without milk on the morning of your admission.

What are the instructions for food?

This has not changed. You should not eat for 6 hours before your admission.

Can I sip on fizzy juice?

No, you should only sip from still clear fluids.

Can I eat/suck sweets before theatre?

No, you should not have sweets, lollies, jelly or chew gum for 6 hours before your admission.

