

## SURGICAL PROCEDURES REQUIRING LOCAL/BLOCK ANAESTHETIC

**Please follow these fasting instructions carefully, failure to do so could lead to your operation being cancelled as it would be unsafe to continue.**

- 1 Having surgery under a local anaesthetic means you will not be put to sleep.
- 2 No fasting is required. However it is advisable not to eat large or fatty meals on the day of surgery.
- 3 You may drink normally but avoid alcohol the night before surgery.
- 4 If you normally take prescribed medication you should take these as normal unless told to omit them by the surgeon or pre-assessment nurse.
- 5 If you are having a hernia repaired you should have a light breakfast (see below).

### **Light Breakfast - example**

A small bowl of cereals (Rice Krispies or Corn Flakes) with any type of milk or a slice of white toast with honey, jam, syrup, or marmite.

No high fibre cereals such as Weetabix, muesli, bran etc.

### **Patient Experience Team**

The team are available to offer advice or information on healthcare matters. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. The team can visit inpatients on all Trust sites.

### **The contact details are:**

Telephone: 01302 553140 or 0800 028 8059

Email: [pals.dbh@dbh.nhs.uk](mailto:pals.dbh@dbh.nhs.uk).

