

Sip Til Send

Changes to Preoperative Fasting Recommendations

From **March 3, 2025** – The **Department of Anaesthesia** will be recommending a fasting period of:

6 : 4 : 3 : 0

Zero hours – Sipping approved clear fluids until called to theatre

Three hours for breastmilk (all ages)

Four hours for formula (all ages)

Six hours for everything else

Who does this affect?

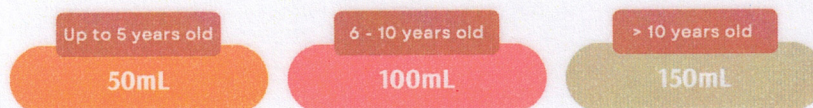
This will become the default fasting plan for all patients who require an elective or emergency procedure that requires a general anaesthetic at QCH.

The fasting plan may need to be modified based on the patient's medical history, planned surgical procedure or clinical condition.

Medical staff must clearly document the modified fasting plan in ieMR (i.e. "Not for Sip Til Send").

Sip Til Send – How it works?

Patients will be offered one serve (~3mL/kg) of approved clear fluid every hour. Patients will be encouraged to continuously sip this until they are called to theatre, or to their imaging location.



Approved Clear Fluids – What will be offered?

The clear fluids that will initially be offered at QCH:

- Water
- Clear, pulp-free apple juice
- Clear Icy poles (not coloured 'Zoooper Doopers')
- Clear Lemonade

Clear fluids must not:

- **Contain any milk, food fibre (pulp) or fat**
- **Have thickeners or be a jelly**

A list of other approved clear fluids can be found in the QCH fasting guideline on QHEPS.



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**Queensland
Government**