



**Sip Til Send
Simple. Safe.
Kind.**

**The end is in sight for
prolonged pre-
procedural fluid fasting.**

Sip Til Send



▶ What is it?

- ▶ A new approach to preoperative drinking
- ▶ Patients can continue to sip clear fluids until sent to theatre
- ▶ Avoids prolonged periods of fasting
- ▶ Keeps patients hydrated before theatre
- ▶ Staying hydrated helps patients feel better
- ▶ Reduces headaches, nausea and anxiety

▶ What you need to know

- ▶ Encourage patients to sip from one 200mL cup of clear fluids refilled every hour
- ▶ Paediatrics 3mL/kg/hr up to a max of 200mL
- ▶ Clear fluids include:
 - ▶ Water
 - ▶ Clear apple Juice
 - ▶ Diluted Cordial and Electrolyte Solutions
 - ▶ Black tea/coffee - **No Milk**

Paediatric Protocol



- ▶ **3ml/kg (up to a maximum of 200ml)** hourly until called to theatre
- ▶ **Clear fluids include:**
 - ▶ Water
 - ▶ Clear apple juice
 - ▶ Lemonade ice-block
 - ▶ Hydralyte
 - ▶ Glucose 5% solution
- ▶ Children are encouraged to Sip Til Send but not forced to do so if they aren't feeling well
- ▶ Children who are NIL by mouth for medical or surgical reasons can moisten their mouth and lips with water

Exclusions

- ▶ Any patient who is Nil By Mouth (NBM) for medical or surgical reasons
 - ▶ E.g. Stroke, bowel obstruction
- ▶ These patients can still moisten their mouth and lips with water
- ▶ ***Sip Til Send is the default*** approach for all patients
 - ▶ *If a patient requires different instructions their anaesthetist will document in the clinical record*



Solids



Instructions for **Solids** have not changed.

Patients should not eat for **6 hours** before their anaesthetic.

Solids include thickened fluids, broths, sweets/lollies (even if only sucking them), chewing gum.

Instructions for Doctors

Please **DO NOT** advise “**NBM**”

(unless clinically indicated – these patients are excluded from Sip Til Send)

Please use:

“No solid food 6 hours before surgery. Can Sip Til Send”

“ No solid food from 2am. Can Sip Til Send”



New Directive



▶ Clinical Excellence Commission and HNE Health

- ▶ implement 'Sip to Send' protocols in elective surgical patients to minimise need for intraoperative IV fluid requirements.

▶ ANZCA

- ▶ If protocols exist, Sip Til Send may be considered.

Go Live Date



Sip Til Send will commence at
The John Hunter Hospital &
John Hunter Children's Hospital
On **3rd September 2024!**

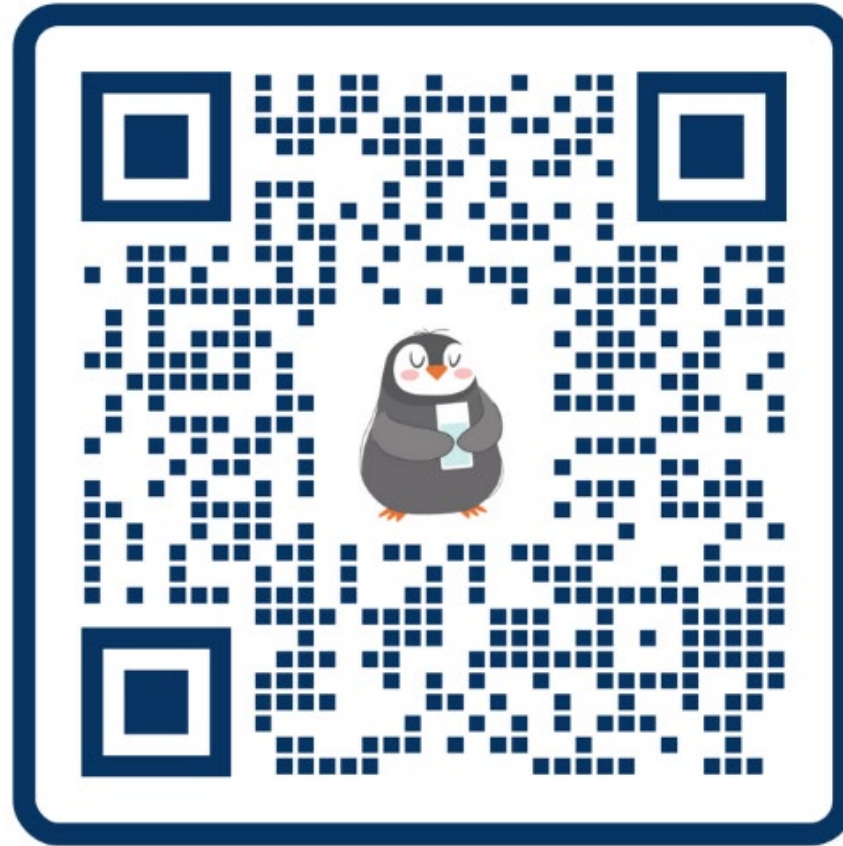
Summary



Sip Til Send will go live on 03.09.2024!

- ▶ **'Sip Til Send'**
 - ▶ Reduces fluid deprivation times by allowing patients to sip clear fluids until they are sent to theatre
 - ▶ Is unlikely to increase in aspiration risk.
 - ▶ Improves patient comfort and satisfaction
 - ▶ May contribute to reduced requirements for IV Fluids
 - ▶ Aspiration risk should continue to be assessed individually, with anaesthetic plans tailored accordingly.

QR Code – Resources



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Questions?

