

### ENHANCED RECOVERY PROGRAMME

The majority of patients undergoing an operation with Mr Gilbert are encouraged to participate in the 'Enhanced Recovery Programme'. As the name suggests, this is designed to speed recovery.

One of the principles of the programme is to get patients to their operation in the best possible shape. In order to achieve this we now try to minimize dehydration and starvation in the time immediately before an operation.

Previously it was usual to instruct patients not to eat or drink from midnight before the operation. This meant that they went into the operation starved and dehydrated. Under the 'Enhanced Recovery Programme' this instruction of 'Nil by mouth from midnight' has been abandoned.

The new instruction under the 'Enhanced Recovery Programme' is that you should **NOT EAT** after midnight before your operation but **YOU MAY DRINK UP TO 2 HOURS BEFORE YOUR OPERATION**. The drinks should be clear and may contain sugar. You may be prescribed specially designed pre-operative drinks which come in carton form which are essentially sugary water. The common ones in use at the moment are '*preOp*' and '*preload*'.

**There needs to be a clear interval of 2 HOURS** between your last drink and the operation otherwise anaesthesia or sedation may not be possible. It is usual therefore to take the drinks before setting out for the hospital.

Because of the sugar content of the drinks it is usually said that this programme is not suitable for diabetics. However diabetics can take these drinks after consultation and agreement.