

## When to stop eating and drinking

Do not eat anything for at least 6 hours before your anaesthetic. This includes milk in tea, coffee or formula feeds, as it forms a solid in your stomach.

You may have clear fluids (eg water, apple juice, energy drinks) up until 2 hours before surgery.

If you are breast feeding, your child's last feed should be 4 hours before his/her surgery.

## Medications

Please bring your regular medications to hospital on the day of surgery.

Generally, you can take your usual medications on the morning of surgery. A few exceptions exist, and are mentioned below.

Stop taking aspirin (Ecotrin), clopidogrel (Plavix) or any blood thinning medication **at least a week** before surgery. (Herbal medicines that can cause bleeding include Garlic, Ginger, Ginkgo, Ginseng and Feverfew)

If you have a condition that requires anticoagulation (heart valve, coronary stent, pulmonary embolism, DVT), you will need special instructions regarding your medication, so please discuss this with Dr Naudé.

Do not take your diabetic tablets on the morning of surgery.

If you are taking an ACE inhibitor (eg Enalapril) for your blood pressure, do not take this on the day of surgery.

## After the operation

Do not drive, operate dangerous equipment, or make any important decisions for at least 24 hours after your anaesthetic.

If you leave the hospital on the day of the operation, you will need to organize a lift home with a responsible adult.

## Respiratory Tract Infections

Because children get 6-8 URIs a year, and those in the ENT population even more, we have to have a policy regarding when to proceed, and when not to.