

Clinical Standard Operating Procedure (SOP)

PREOPERATIVE FLUID ADMINISTRATION BEFORE ELECTIVE CAESAREAN SECTION

SETTING	Central Delivery Suite, St Michael's Hospital
FOR STAFF	Midwives, obstetricians, anaesthetists, operating department practitioners / anaesthetic assistants.
PATIENTS	For women having elective caesarean sections.

Background Process

Patients are required to abstain from food and drink prior to elective surgery, as per the Trust guidelines (<http://nww.avon.nhs.uk/dms/download.aspx?did=13526>) and several national guidelines. This is to minimise the risk of aspiration of gastric contents. Increasingly it has been shown that small amounts of water prior to elective surgery are safe and are unlikely to increase the risk of aspiration. For pregnant women the nil by mouth instructions are written in the pre op enhanced recovery booklet and confirmed at the phone call on the evening before caesarean section (CS).

Fasting for longer periods than necessary can contribute to thirst, dry mouth, headache and reduction in general wellbeing.

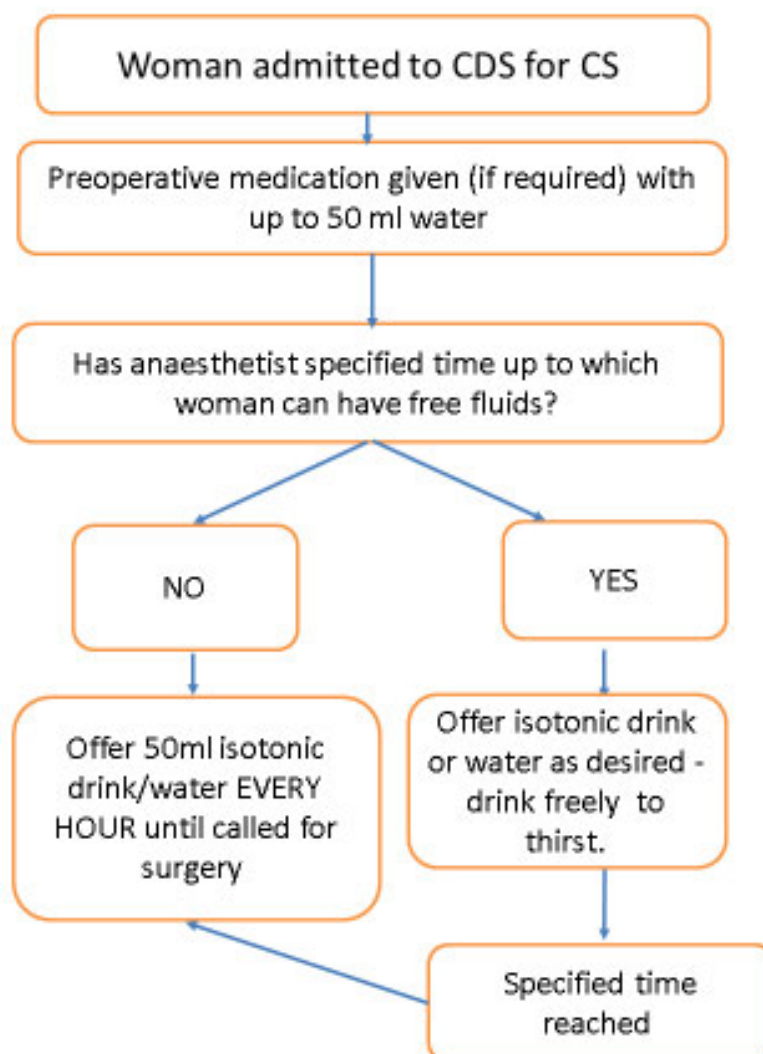
Inclusion

- All women admitted to Central Delivery Suite for an elective caesarean section, unless indicated by anaesthetist
- This is an opt out policy. It is the responsibility of the anaesthetist to highlight to staff if a patient should not follow the SOP. If no opt out instruction is given, all patients should adhere to the SOP

Process

- Women should be offered 50mls of isotonic drink / water every hour whilst waiting for surgery. This should occur as soon after admission as possible
- This fluid should be used to take any prescribed medication as directed by the anaesthetist. If 50ml of water is insufficient for the patient to swallow tablets then a little more may be offered
- Any additional isotonic drink / water consumption should be stated in the handover
- The time the woman is called for surgery can occur at any time after the 50ml drink is given

Flow Diagram



RELATED DOCUMENTS AND PAGES	Preoperative fasting of adult patients undergoing surgery or procedures [REDACTED]
AUTHORISING BODY	CDS Working Party February 2021
QUERIES AND CONTACT	If there are concerns contact responsible Anaesthetist for theatre list or CDS Anaesthetist on bleep [REDACTED]