

Sip Til Send

At St Vincent's Hospital we now do Sip Til Send. This means you must stop eating 6 hours before your procedure. You can sip 200ml of clear fluid every hour until we take you for your procedure.



Can I eat anything?

No you can't eat anything. You must stop eating food 6 hours before your procedure. This includes chewing gum, jelly, milk, lollies/sweets.

When do I need to stop drinking before my procedure?

You can sip clear fluids until you are called for your procedure.

What if I have been given different instructions?

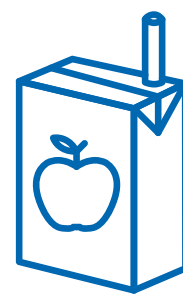
You should follow Sip Til Send unless we tell you otherwise. If you are unsure, please ask your nurse or doctor.

What is clear fluid?

Clear fluids are water, ice, clear apple juice, black coffee (no milk) and black tea (no milk).



Water
or ice



Clear apple
juice



Black
coffee



Black
tea

You can sip up to 200ml of clear fluid every hour.

My procedure will be

I will stop eating at

and start Sip Til Send.



ST VINCENT'S
HOSPITAL
SYDNEY

This information was developed in consultation with our consumers. Responsible position: Clinical Dietitian, Nutrition and Dietetic Services SVHS. This version developed November 2025. To be reviewed November 2026

