

**Patient  
Information**

## Sip Til Send - What do I need to know?

You will already have been told by a member of the team during a telephone call and appointment letter that you **must not** eat anything for 6 hours before your procedure, this includes chewing gum or sucking sweets.

You will be able to continue sipping clear fluids, including squash/cordials and fruit juice (without bits), right up until the time of your appointment.

**Some of the benefits of this include:**

- Avoids prolonged periods of fasting
- Keeps you hydrated before going in for your procedure
- Staying hydrated may help you recover more quickly
- It can also reduce headaches, nausea and anxiety.

**Key points**

- You may drink clear fluids on the morning of your procedure. Clear fluids include water, diluted squash, fruit juice without bits.
- You may be offered a cup of black tea or coffee on arrival on the morning of procedure at the discretion of the IR Consultant.
- **Do not eat any solid food, milky drinks, fizzy drinks or sweets (including chewing gum) for 6 hours before your procedure.**
- While waiting in hospital for your procedure, you will be encouraged to **sip** up to **one glass (170mls)** of clear fluids **every hour** until you are told you are the next person going for your procedure.
- There are some exceptions to this which will be discussed with your Interventional Radiology consultant/doctor on the morning of the procedure.

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>