

Patient Safety ALERT – Pre-Operative Energy Drinks



It was recently brought to attention that some inpatients have been receiving Fresubin Energy drinks up to 2 hours pre-surgery. These protein-based drinks are foods, and there must be 6 hours starvation before anaesthesia. There is a risk aspirating under anaesthesia.

For adults, non-fizzy, non-particulate, non-protein complex carbohydrate drinks such as PreOp, can be consumed up to 2 hours pre-surgery as part of an elective Enhanced Recovery Program approved by both the Department of Anaesthesia and Department of Dietetics.

The hospital policy can be found on BOB:

<http://ndht.ndevon.swest.nhs.uk/policies/wp-content/uploads/2015/02/Pre-Operative-Starvation-Guidelines-V2.0-15Feb15.pdf>

The Association of Anaesthetists of Great Britain and Ireland have produced national guidelines: <http://www.aagbi.org/sites/default/files/preop2010.pdf>

FOR ACTION:
To maintain safety and prevent patients' operations from being cancelled, please ensure that all clinical staff are aware of the procedure for pre-operative starvation.

For more information, please contact:

Dr Matthew Casemore, Staff Grade in Anaesthesia: matthew.casemore@nhs.net
Dr Nicholas Love, Clinical Governance Lead for Anaesthesia: nicholaslove@nhs.net
Eden Davies, Department of Dietetics: edendavies@nhs.net