

# Fasting Instructions

## Patient Information

Rainbow Ward – Royal Albert Edward Infirmary



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## Information for Parents/Carers regarding fasting instructions

**For children who are due to come into hospital at 7.30am, this will be for a morning operation:**

- Please ensure your child has a bath the night before being admitted to hospital.
- You will be asked to bring your child to hospital for 7:30 am – this will be indicated on your appointment letter.
- **DO NOT** give your child any food after midnight.
- It is **IMPORTANT** to wake your child and give them a drink of **tap water only**, to be drunk by 6:00 am.
- Please telephone Rainbow Ward 01942 822280 when waking your child for a drink, to check that there is a bed available.
- Please bring clean pyjamas, slippers (not onesies) as they may be able to wear them when they go down to theatre.
- It is advisable to have pain relief at home that can be taken after discharge.

**For children who are due to come into hospital at 11:00am or 12:00 noon, this will be for an afternoon operation:**

- You will be asked to bring your child to hospital for 11:00 am or 12:00 noon.
- Please ensure your child has a bath the night before being admitted to hospital.
- Please telephone Rainbow Ward 01942 822280 before you leave home, to check that there is a bed available.
- A light breakfast for example cereal or toast can be eaten before 7:00 am. After 7:00 am your child can only have sips of tap water, but only till 11:00 am.
- Please bring clean pyjamas, slippers (not onesies) as they may be able to wear them when they go down to theatre.
- It is advisable to have pain relief at home that can be taken after discharge.

## Car Parking

If you park on the hospital site, parents and carers will need to pay for car parking.

## Contact information

If you have any queries about the time of your child's operation or anything relating to their admission to hospital, please telephone Rainbow Ward 01942 822280 and a member of staff will be happy to help.

Please use this space to write notes or reminders.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

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



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

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This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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