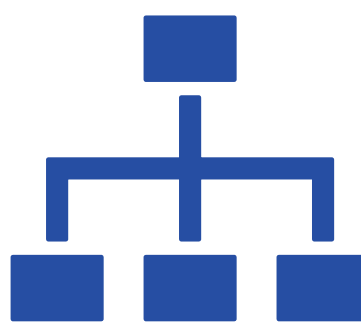


SIP ‘TIL SEND:

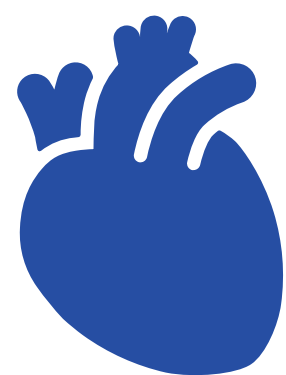
TRANSFORMING PERIOPERATIVE FLUID GUIDELINES FOR CATEGORY 3 & 4 CAESAREAN SECTIONS

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Rationale for changing current fluid deprivation guidelines



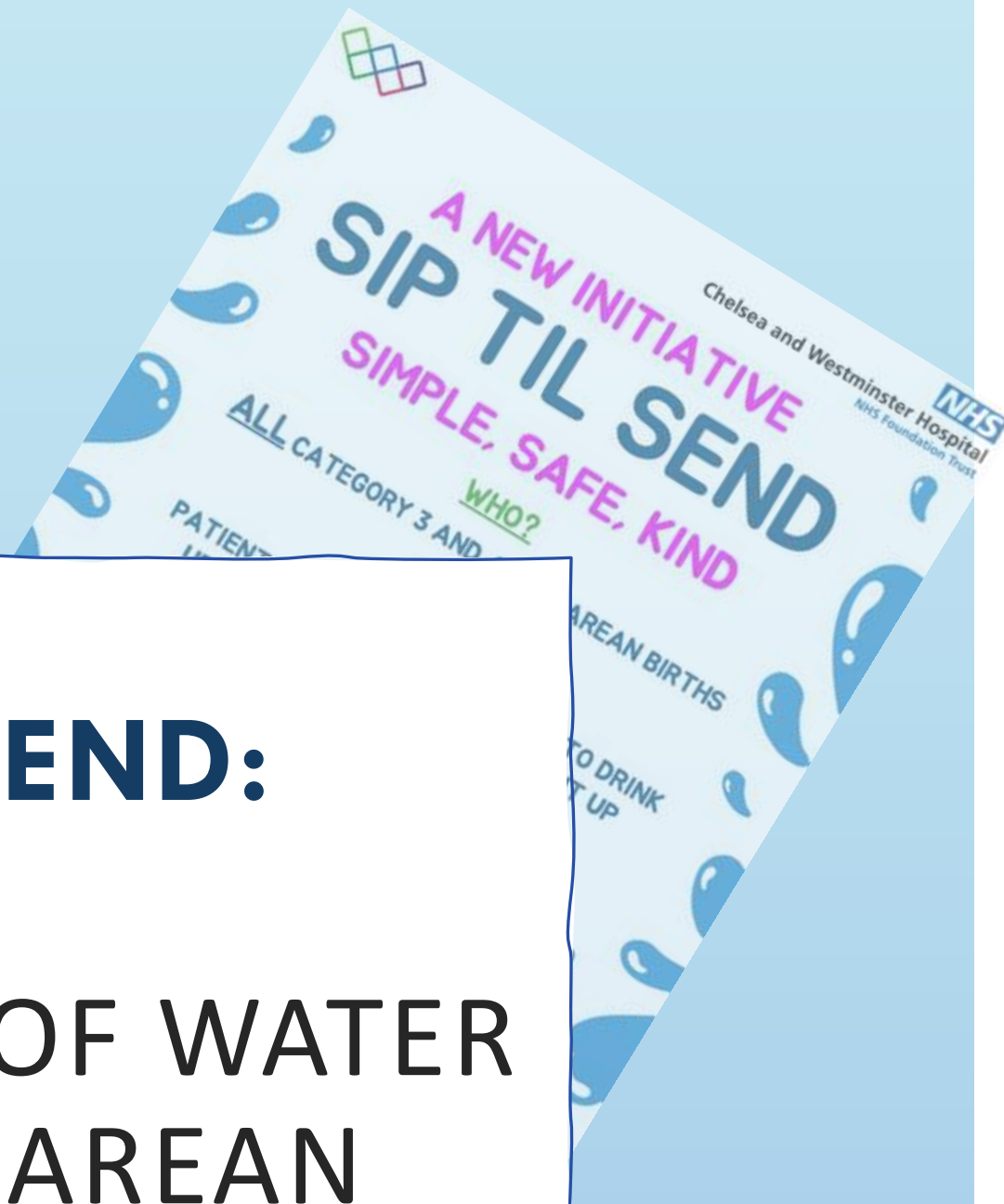
Implementing 2 hour fluid deprivation is challenging due to unpredictable timings of elective caesarean sections. Therefore, patients are fasted for prolonged a period of time unnecessarily



Potential harm caused to patients by prolonged fasting – dehydration, PONV, anxiety



The evidence that 2hr clear fluid fast reduces risk of aspiration is limited



INTRODUCTION OF SIP ‘TIL SEND:

ALLOWING PATIENTS TO HAVE SIPS OF WATER WHILE WAITING FOR THEIR CAESAREAN SECTION

✓ **AWARENESS**

- LOCALLY PRESENTED
- INFORMATION DISSEMINATION TO STAFF
- EDUCATIONAL POSTERS CREATED
- PATIENT EDUCATION INITIATED
- ENSURED WATER STATIONS ACCESSIBLE

✓ **GUIDELINES CHANGED**

Results Before Sip ‘Til Send Introduction



Method: Survey completed by patients & recovery nurses



Data collection period: 3 weeks
20/2/24 - 11/3/24



40 patients – Category 3/4
Caesarean Section



No patients excluded

42 patients:

- 32 Category 4 LSCS
- 8 Category 3 LSCS

Mean fluid deprivation time: 4 h 43

Minimum Fluid deprivation: 38 minutes

Maximum Fluid deprivation: 17 hours 35minutes

Only 12.5% had fluid deprivation of < 2hours

Patient satisfaction:

- 87.5% felt thirsty whilst waiting
- 62% felt *moderately* - *very thirsty*
- 87.5% would have liked to drink water if allowed

“Drops of water were provided during surgery due to having a dry mouth. I was extremely nervous.”

“I felt very thirsty and hungry before c-section, wait was a little bit longer than expected”

Would have like to drink water to remain hydrated

“Water helped a lot”

“Water helped a lot as I felt very thirsty”

“Water was good as it was a very hot day”

Results After Sip ‘Til Send Introduction



Method: Survey completed by patients & recovery nurses



Data collection period: 3 weeks
3/7/24 - 11/7/24



20 patients – Category 3/4
Caesarean Section



No patients excluded

20 patients (no patients excluded)

STS advice given to 100% of patients

- 100% continued to sip water within the 2hrs pre-op

Mean fluid deprivation time: 21 minutes (c/w 4 h 43mins)

Minimum fluid deprivation time: 0 minutes (c/w 38mins)

Maximum fluid deprivation time: 60 minutes (c/w 17 h 35mins)

Patient satisfaction

- **95%** said it **improved their perioperative experience**
- 45% felt thirsty only 'a little' or 'not at all'
- **0% reported feeling 'very' thirsty**

Conclusion and Future Plans

The Sip ‘Til Send policy reduced fluid deprivation time, leading to an enhanced peri-operative experience for most patients. The initiative demonstrates both safety and improved patient satisfaction.

Reference:

1. Checketts MR. Fluid fasting before surgery: the ultimate example of medical sophistry? *Anaesthesia* 2023; 78: 134-6.