

## Introducing Fasting Cards - How we did it

### Getting started

- Agreement within your own department to allow unrestricted drinking before surgery.
- Presentation at the Chief Physicians Conference.
- Order laminated DIN A 4 (210 mm x 297 mm) cards with hanger chains and DIN A 5 (148 mm x 210 mm) paper flyers.
- Development of a standard operating procedure (SOP) for fasting.
- Revision of anaesthesia protocol with the option of choosing the colour of the fasting card and specifying the different times for the yellow card.

### In the course

- Write a personal letter to all senior consultants informing them that you intend to introduce fasting cards. Ask if exceptions should be considered for patients in the specific department and offer further individual training adapted to the department.
- Also write to senior consultants who do not have surgical patients, offering to provide cards for patients undergoing procedural sedation (TTE, gastrointestinal endoscopy, bronchoscopy, etc).

### To get started

- Presentation at the nursing management team meeting.
- Training sessions for all interested parties, tailored to the specific professional group, e. g. surgeons, ward nurses, service staff.
- Preparation of information sheets for personal distribution and emailing.
- Hand out fasting cards on the wards. Actively ask if anyone has any questions.
- Distribution of paper flyers to be handed out to outpatients and pre-admission patients during the pre-anaesthetic assessment.
- Place information posters on the wards, in the waiting area of the anaesthetic department and in the central admissions area: Drinking just before surgery? We even encourage it here!

### During the follow-up period

- In all areas, ask if there are any questions, problems, etc., and offer to help.
- Actively ask patients if they have been drinking. If they have not, ask them why.
- Follow up on patient complaints immediately.
- Keep reminding the wards about the cards.
- Check the fasting times.