

Fasting and carbohydrate loading

Ward card. Print, laminate, and put it where the fasting instruction is written.

6

HOURS
Last SOLID food
before induction

2

HOURS
Last CLEAR fluid
before induction

☐ Counts as a CLEAR fluid	☐ Does NOT count
Water Clear tea or coffee without milk Clear fruit juice with no pulp Carbohydrate drinks Clear broth Sugar water, honey water Soft drinks / soda	Anything containing milk Anything with pulp or fibre Alcohol Sweets, chewing gum in the last 2 h Oral nutritional supplements The local egg-and-banana drink <i>These follow the 6-hour rule</i>

Bedside test: if you can read newsprint through the glass, it is a clear fluid.

Carbohydrate loading

When	What	If no commercial drink is available
Evening before surgery	≈100 g carbohydrate	≈8 tablespoons (100 g) sugar in 800 mL water, taken over the evening
2 hours before induction	≈50 g carbohydrate in 400 mL	4 tablespoons (50 g) sugar dissolved in 400 mL water

Diabetes. Well-controlled type 2 diabetes is **not** a contraindication: give the drink, check capillary glucose on arrival, and have a plan for a high reading. **Omit** in poor control, autonomic neuropathy or documented gastroparesis. Type 1 diabetes needs an individualised insulin plan. (2025: carbohydrate loading is now a weak recommendation — it remains cheap, safe and comfortable.)

For the patient — ቋንቋ ቋንቋ

English	ቋንቋ
You may eat solid food until 6 hours before your operation.	ከቀዶ ጥገናዎ ሰዓት በፊት ድረስ ጠጣር ምግብ መብላት ይችላሉ።
You may drink clear fluids until 2 hours before your operation.	ከቀዶ ጥገናዎ ሰዓት በፊት ድረስ ንጹህ ፈሳሽ መጠጣት ይችላሉ።
Clear fluids are water, tea or coffee without milk, and juice without pulp.	ንጹህ ፈሳሽ ማለት ውሃ፣ ያለ ወተት ሻይ ወይም ቡና፣ እና ያለ ፍርፋሪ ጭማቂ ነው።
Drink the sweet drink we give you 2 hours before your operation.	የምንሰጥዎትን ጣፋጭ መጠጥ ከቀዶ ጥገናው ሰዓት በፊት ይጠጡ።
Do not drink anything with milk in it.	ወተት የያዘ ማንኛውንም ነገር አይጠጡ።

Amharic text is supplied as a working draft. Have it checked by a bilingual clinician — not only a translator — before printing for patients, because 'clear fluid' is a clinical concept before it is a linguistic one.