

Let's Start Sipping!

Our 'Sips til Section' policy means that women who are scheduled for **Planned Caesarean Section** are being encouraged to drink water up until the time they are called to the theatre

You can drink up

to
1 Glass of water
(160ml) in
Hour

Drinking water is safe, healthy and will keep you hydrated and relaxed

So it's time 
to
Sip

 **Refill**
Repeat!



Benefits

It can lessen negative symptoms you might otherwise experience, like

- Nausea,
- Vomiting,
- Headache,
- Feeling Faint or Anxious

What can you drink?

- Water
- Water with Squash



Safe, Healthy, and
Calming
Happy Sipping!

 Our Anaesthetists and Midwives are happy to answer any questions you may have about this policy!

All feedback gratefully received at SipsTilSection@nmh.ie



Department of Anaesthesia
The National Maternity Hospital
Vita Gloriosa Vita ~ Life Glorious Life