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 1 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