

# Obstetric Eating and Drinking Guideline

**Approved by:** Clinical Guideline Group & Labour Forum

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This guideline aims to specify which food and drink can be consumed by obstetric patients at various stages of the birthing process. Rather than a conservative approach that treats all women the same regardless of individual patient risk group, this document stratifies patients into low and high risk, based on antepartum and intrapartum factors, enabling a more pragmatic and pleasant patient experience.

## 1. During Labour on Central Delivery Suite

**Low risk** patients, who have no recorded risk factors (see appendix 1 for details) may consume the following:

- “Light diet” which constitutes:
  - Biscuits
  - Cereals
  - Toast
  - Jelly
  - Ice Lollies
- Unrestricted oral fluid (including milk in tea/coffee)
- Omeprazole 20mg BD PO

**High risk** patients, e.g. having one or more risk factors (see appendix 1 for details) should consume the following:

- “Approved liquids” only which constitutes:
  - Water
  - Clear liquids (e.g squash)
  - Black tea/coffee
  - Non-fizzy isotonic sport drink (e.g Lucozade Sport)
- Omeprazole 20mg BD PO

## 2. Before Planned Caesarean Section

- Omeprazole 20mg PO stat at 22:00hrs
- Eat normally until 02:00hrs on the morning of surgery
- “Approved fluids” only (see Appendix 3) until 07:00hrs on the morning of surgery
- Omeprazole 20mg PO stat and 10mg Metoclopramide PO stat at 07:30hrs on the morning of surgery
- Sips of water/non-fizzy isotonic sports drink (e.g Lucozade sport) until called to theatre.

3. Post-Birth

***Uncomplicated vaginal birth/instrumental birth/caesarean section***

- On delivery suite: “Light Diet” (see Appendix 2).  
No restriction on drinking
- On return to Ward: No restriction eating or drinking

***Complicated vaginal birth/instrumental birth/caesarean section***

- Sips of water only until obstetric review

# Appendix 1

## 1. Risk Factors

### *Antenatal Risk Factors*

Preterm <36/40

Reduction in growth velocity as per gap grow OR under 10<sup>th</sup> centile

Breech Presentation

Multiple Pregnancy

Pre-eclampsia

Previous C-Section or uterine scar

Previous PPH of over 1 litre or retained placenta

Booking BMI >40

Previous difficult intubation

Diabetes

Illicit Drug Misuse

### *Intrapartum Risk Factors*

Oxytocin augmentation

Failure to progress

Pethidine/Remifentanil use

Abnormal CTG

Meconium-stained liquor

Antepartum haemorrhage within last 28 days

## 2. "Light Diet"

Biscuits

Cereals

Toast

Jelly

Ice Lollies

Small amount of milk in tea/coffee

## 3. "Approved Fluids"

Water

Clear liquids (e.g squash)

Black tea

Black coffee

Non-fizzy isotonic sport drink (e.g Lucozade Sport)

**Checklist for Clinical Guidelines being submitted for Approval  
by Quality & Safety Group**

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