STUDY PROTOCOL

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│ Universe: patients undergoing surgery in the medipol mega-hospital complex │
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│ Determination of the number of patients undergoing surgical intervention   │
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Inclusion Criteria:
1. have a surgical operation other than gastrointestinal system surgery,
2. Surgical fasting duration is at least 8 hours,
3. According to the American Society of Anesthesiologists (ASA) classification; Class I, II and III;
4. Having the ability to express the thirst status verbally and experiencing moderate or severe thirst when the thirst status is evaluated by VAS,
5. The duration of anesthesia is longer than 1 hour and accepted into the PACU after surgery.

Exclusion Criteria:
1. have a second surgical intervention during hospitalization,
2. The need of intensive care after surgery,
3. Having problems in the process of separation from respiratory support after surgical intervention,
4. A change in the state of consciousness after surgical intervention / acute confusion,
5. Liquid electrolyte imbalance,
6. Patients with difficulty in swallowing or restriction of oral fluid intake,

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│ Obtaining informed consent from patients included in the study             │
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                             Randomization
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water group (n = 50) patients to be administered oral water

ice group (n = 50) patients to patients to be administered ice popsicle

control group (n = 50) patients without treatment

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│ Application safety protocol for management thirst in the immediate          │
│ postoperative period form to patients                                      │
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Evaluation of pre-intervention variables

oral water application

Oral ice popsicle application

Evaluation of post-intervention variables

Evaluation of results