

Supplementary 1. Implementation strategies

Strategies	Tool used	Description
Stakeholder buy-in	Consultation for implementation	Attendance at numerous forums to discuss the impetus for the Policy and raise awareness of the Policy. Emails sent to key staff about the Policy implementation. Meetings conducted with key stakeholders, such as the Nurse Unit Manager and Clinical Educator, to discuss implementation.
Decision support for Policy	Bedside signs	Traffic light colour-coded with: <ol style="list-style-type: none"> 1. Green Fasting – give all oral medications unless clinical reason to withhold or advised otherwise. 2. Red Nil by mouth – do not give anything orally. Seek alternative route. 3. Amber Restricted oral intake – check orders/clinical notes before giving anything orally.
	Badge cards	Includes the Policy message and table of medications to consider withholding.
	Flow chart	Flowchart guiding decisions for each of the three medication scenarios – fasting, nil by mouth and restricted oral intake.
Education	Education sessions	Six interactive education sessions were scheduled, during nursing education sessions, per Clinical Service Unit. Discussion of the Policy at each medical/surgical unit, Pharmacy and Speech Language Pathology departments.
Information dissemination	Posters	Posters of the Policy placed on the wards and other areas as determined by staff in the relevant area.
	Email	An email summary of the Policy sent to staff prior to the rollout.
	Badge card	Badge card with the Policy summary on one side and table of medications to consider withholding on the other side to guide medication decisions presurgery.
Opinion leaders		Heads or Directors of departments or units or key staff member identified as being opinion leaders were enlisted to promote the Policy. Opinion leaders provided support, especially during presentations or meeting discussions about the Policy.
Clinical champions		Champions to facilitate the Policy implementation were selected by their Nurse Unit Manager and/or Senior Nurse Educator.