

If you need this information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374 208 email: customer care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Welcome to the Day Surgery Unit

(1 of 3)

Please attend at:

On:

IMPORTANT: Please read this leaflet thoroughly. If you become ill or cannot keep this appointment, please let us know as soon as possible so that another patient may benefit.

Preparing for your appointment

Diet for general anaesthetic

- Morning operation - 8.00am admission: to reduce the risk of anaesthetic you should not eat for 6 hours before your appointment. This includes chewing gum and sweets. We recommend that you have a drink of water, squash, black tea or coffee before 6.30am.
- Afternoon operation - 12.30pm admission: you should have a light breakfast no later than 7.30am. Have a drink of water, squash, black tea or coffee before 11am.
- You should take any regular medication as usual on the morning of your operation with a small amount of water unless otherwise advised at your pre-operative assessment. If you take oral anticoagulants, aspirin or diabetic medication, you may be advised to stop taking these before your operation. If you are unsure please ring the Day Surgery Unit assessment nurses on 01722 ext 2588 or 2587.

General advice

- No smoking is allowed in the Unit and smokers are advised to avoid smoking for 12hrs before the appointment.
- A responsible adult must take you home by car.
- You must not drive yourself or use public transport after an operation.
- Hospital transport is not available for patients attending day surgery.
- You must have a responsible adult at home with you on the night of your operation. They must contact the Unit to arrange a time to collect you.

01722 336262 ext 4550

We are open from 7.30am - 7pm

Please bring the following items with you

- Any drugs, medicines or inhalers you are using.
- Dressing gown, slippers, sponge bag, hand towel.
- Something to read.
- The telephone number of whoever is collecting you from hospital.

Please help us to help you

- Please bath/shower on the day of your operation.
- Avoid wearing heavy make-up.
- Do not wear jewellery other than a wedding ring and remove any body jewellery or piercings
- If you are having a procedure on your left hand or left arm please remove your wedding ring.
- Wear glasses rather than contact lenses.
- Wear comfortable, loose-fitting clothing.
- Avoid bringing children.
- Patients under 16 years old must be accompanied by a parent or guardian.
- Due to limited space we ask that not more than one adult accompany you.

For 48 hours after your operation

- **Do not** drive a car or ride a bike.
- **Do not** operate any machinery (including a cooker) or do anything requiring skill or judgement.
- **Do not** smoke or drink alcohol. **Do not** take sleeping tablets.
- Do observe any special instructions which we may give you.

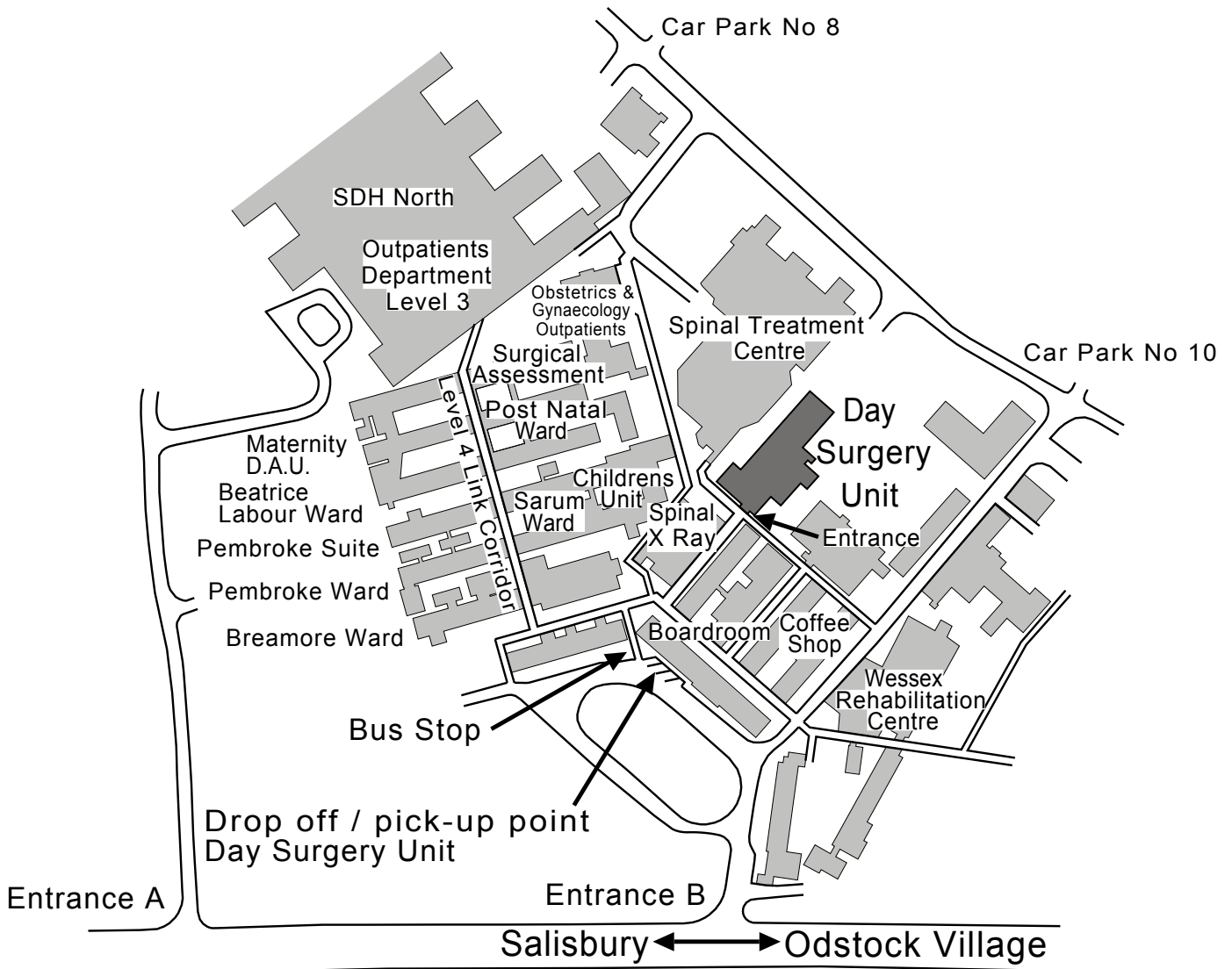
What will happen on the day?

- When you arrive you will be booked in at reception, then you will meet the nurses who will prepare you for surgery.
- You will then meet the surgeon and anaesthetist.
- You will find that you are asked the same questions more than once; this is all part of a careful checking system.
- If you have not already done so, you will be asked to sign a consent form.
- Your anaesthetic will be chosen to ensure a rapid recovery and as few after-effects as possible. You may be given pain relief in the form of a suppository.
- As operating sessions run between 9-12.30pm and 1.30-5pm you may have to wait for some time for your operation.

- You will wake in the recovery area and then be taken back to the ward. After about 15-20 minutes, most patients are ready to enjoy a cup of tea.
- Please note any medication issued to you to take home following your procedure will have to be paid for at the usual prescription charge, unless you are exempt. We recommend that you have a supply of painkillers, such as paracetamol or ibuprofen at home before your appointment.
- Some degree of soreness and drowsiness is to be expected but you should feel more relaxed at home.
- Very occasionally you may be in a mixed sex ward. If you feel strongly about this please contact the Unit before your admission.

Enquiries and Visitors

In view of the short time that you will be in the Unit, visitors are not appropriate, however enquiries can be made by telephoning 01722336262 Ext: 4550.



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