

Welcome to the Day Surgery Unit

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If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@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.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

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.

Author: Bernie Dunn
Role: Senior Sister
Date written: November 2007
Date last reviewed: July 2017
Review date: August 2020
Version: 3.3
Code: PI0153

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 - It is very important that you do not have anything to eat for 6 hours before your appointment including sweets, mints and chewing gum. We recommend that you have a drink of water, squash, black tea or black coffee before 6.30am.
- afternoon operation - You should have a light breakfast no later than 7.30am. You may drink water, squash, black tea or black coffee until 11am

We strongly advise you to eat and drink up to the time advised by the nurses, booking staff and information leaflets. It is well known now that this will improve your well-being during surgery and aid your recovery afterwards.

Should I take my medicines before the operation?

You should take your regular medication as normal on the morning of your operation with water unless otherwise advised at your pre-operative assessment.

If you take warfarin, clopidogrel, apixaban, rivaroxaban, dabigatran or regular aspirin you may have been advised to stop taking these before your operation.

If you are diabetic and need advice about your medication please telephone the Diabetic Centre on 01722 425176 (8.30am - 4.30pm).

Hopefully any questions you had regarding any medications you are taking will have been answered by the staff at the pre-admission clinic. However, if you still have questions you could speak to your GP or to a member of staff in the pre-admission clinic on 01722 336262 ext 4551.

01722 336262 ext 4550

We are open from 7.30am - 7pm

General advice

- no smoking is allowed in the hospital. This includes e cigarettes. We strongly advise you do not smoke for 24 hours before your operation.
- to reduce the risk of developing a blood clot, we advise you to avoid long distance travel for 6 weeks after your operation.
- 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 to stay with you at home and with you on the night of your operation. They must contact the Unit to arrange a time to collect you.

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.
- Please do not wear heavy make-up.
- Please do not wear nail varnish, gel or acrylic nails.
- do not wear jewellery other than a wedding ring and remove any body jewellery or piercings.
- please do not bring any valuables into hospital with you. We cannot be held responsible for property lost.
- 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 accompanies 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.

01722 336262 ext 4550

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- 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.
- please be aware that you may have to wait for some time for your operation. From time to time the order of the operating list may change which can cause possible delays. The Day Surgery staff will keep you informed as much as possible and you will be told the reason for any delay. Please feel free to ask for information at any time.
- 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 that any medication issued to you to take home after 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.

For further information about anaesthetics please visit the Royal College of Anaesthetists link as below:

<http://www.rcoa.ac.uk/system/files/02-YourAnaesthetic.pdf>

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