



Pre-operative information for patients on trauma list to come in to the Day Surgery Unit

Patient information leaflet

October 2019

Introduction

This booklet contains information which will help you prepare for your forthcoming surgery. Please ensure that you read the information carefully.

As you are having your procedure under General Anaesthesia you **MUST**:

- Be collected from the Day Surgery Unit by a responsible adult.
- Go home by taxi or car. You should not travel home by public transport as you will be recovering from the effects of your operation and anaesthetic.
- Arrange for a responsible adult to remain at home with you for the first 24 hours after your operation.
- Take the day after your operation off work.
- Ensure you have a responsible adult to care for your dependents for 24 hours.

Will I need to stay in hospital overnight?

An overnight stay within the day-case unit may be required if it is too late in the evening for you to go home or you have no one to take you home or stay with you overnight.

You will be informed if it is expected that you require an overnight stay. Where it is decided that you will be kept in overnight, your relatives are welcome to visit from 6.30pm. Unless you need to be seen by the medical team the following morning, we ask patients to be collected early (7am) the next morning – if this is not possible then you may be asked to wait in the discharge area until you are picked up.

Please report to the Reception of the Day Surgery Unit located on the 1st floor of the Hartshead South building.

Please bring in with you:

- A dressing gown and slippers.
- A book/magazine/something to help to pass the time
- A list of your medication and bring any inhalers, GTN spray or Insulin.

Please **do not** bring any valuables with you, as we have no lockable storage.

Please **remove all** nail varnish, gel/acrylic nails, make up, false eyelashes and any body piercings/jewellery.

Please do not take alcohol the evening before or smoke on the day. **Your procedure may be cancelled if you have had alcohol or smoked (including E Cigs) on the day of your surgery.**

Please be advised that whilst relatives/friends will be able to stay with you in the waiting room, **they will not be able to accompany you into the main ward area** when you are called.

Your escort can take the units contact telephone number and an approximate discharge time from the nursing staff as to when to phone later for information.

We have asked you to come to hospital at a particular time in order to prepare you for your operation. However unfortunately things change, eg: an emergency may take priority on the operating list – so we cannot guarantee the exact time of your operation. We will try to keep you informed if there are any delays. Be prepared to be on the unit for several hours.

If at any point you have any questions regarding your waiting time, please ask a member of the nursing team, who will find out the information for you.

Fasting Instructions

Morning admission:

- **You MUST NOT have any food after 2.30am** (this includes chewing gum and boiled sweets)
- **You may have clear non-fizzy drinks up to 6:30am** on the morning of your operation. This includes water, squash or clear fluid without bits, black tea/coffee – **NO** milk or milk products are allowed.
- Please ensure you **take your medications before 6.30am**.

You should have nothing by mouth after 6.30am on the day of procedure.

Lunchtime Admission:

- You **may have** a light breakfast (such as toast or continental breakfast, or a small bowl of cereal). You **MUST NOT have any food after 7.30am** (includes chewing gum and boiled sweets).
- **You may have clear non-fizzy drinks up to 11.30** on the morning of your operation. This includes water, squash or clear fluid without bits, black tea/coffee – **NO** milk or milk products are allowed.
- Please ensure you **take any medications due at lunchtime before 11.30am**.

You should have nothing by mouth after 11.30am on the day of procedure.

Please note: If you require simple painkillers following your surgery (Paracetamol, Ibuprofen, CoCodamol 8/500), the hospital will not supply these. These medications can be purchased over the counter and you must ensure you have a supply of painkillers at home before coming in for your surgery.

Your surgeon or one of his/her team will explain the proposed procedure, and associated risks/complications. If not already completed in A&E/fracture clinic, you will then be asked to sign a consent form confirming that you are happy to proceed. You will also meet your anaesthetist who will discuss the anaesthetic, the drugs and pain relief they intend to use.

After the operation

Immediately after your operation you will be taken to the recovery room. Following initial observation you will be transferred back to the Day Surgery Unit.

The nurses will assess your progress regularly, ensuring that you have eaten, are drinking and have passed urine. When you are ready to go home (this will be at least 2 hours after return to the unit), you will be given post-operative advice and information specific to your procedure along with contact telephone numbers in case you have any concerns once you get home. **The Unit operates Nurse Led Discharge, as such you will not usually be seen by the Surgeons before going home.**

Once you are at home

For the first 24 hours at home, **DO NOT:**

- Ride a bicycle, drive, use a cooker or operate machinery
- Look after small children, drink alcohol, take sleeping tablets
- Sign any legal documents or engage in any activity requiring skill or judgement

If you have any questions you want to ask, please feel free to ring the Day Surgery Unit on 0161 922 4917 or you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中

央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹرپرائٹیشن اینڈ پیسینٹ سپورٹ سروس (لپس) (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Document Control Information

Author: Trudi Burns
Division/Department: Day Surgery Unit
Date Created: October 2019
Reference Number:
Version: 1