

## Why do I need to attend the Pre-assessment Clinic?

The pre-admission assessment plays an important part in the preparation for your particular surgery and includes:

- Assessing your general health and fitness before surgery by carrying out various tests and investigations.
- Discussing your planned treatment and providing you with written and verbal information regarding your planned operation.

**Assessment may take up to two hours. We realise it is a long visit but we hope you will agree it is time well spent.**

Please ensure that you bring:

- Completed Patient Information Form
- All medication/prescriptions including any supplements or herbal remedies you may be using
- Complete medical questionnaire

## Assessment

Pre-assessment nursing staff will perform your pre-operative assessment which will involve taking full medical/nursing and social history.

Initially you will have routine observations recorded which will include:

- Blood pressure/pulse/temperature
- Height & weight/Body Mass Index (BMI)
- Electrocardiogram (ECG) may be needed. This is a way of recording the rate, rhythm and electrical activity of the heart. This is a simple test that takes about five minutes and does not cause any discomfort.

Following completion of the assessment you may require further tests:

- Blood tests
- Photographs
- X-rays

**Any information concerning your health is strictly confidential.**

## Can I ask questions?

- This an opportunity for you or your carers to talk about any problems or ask questions about your planned treatment.
- It may be useful to write down any questions you may wish to ask.

## Medical Assessment

- The nurse who performs your assessment will discuss his/her findings with the doctor who will then see you very briefly and carry out a physical examination.

## Anaesthetic assessment

- The anaesthetist may wish to review you in the clinic to ensure you are fit for anaesthetic and discuss possible anaesthetic procedures/risks.

All tests that are performed at the Pre-assessment clinic are taken to ensure that you are fit for surgery; some people may require more tests than others. On occasion, results may be abnormal; this may mean cancellation of surgery pending further investigation or a simple repeat of the tests.

The results just give us an overall picture of your current state of health.

## Smoking

The hospital has a no smoking policy, which means that smoking is not allowed inside the hospital, in any entrances or doorways within the grounds. This applies to patients, staff and visitors.

We recommend that all patients should avoid smoking before and just after their surgery.

## Further Questions

If you have any further questions or concerns please contact us:

**Pre-assessment Clinic**  
**Tel: 01342 414292**

# Pre-assessment Clinic

Please ask if you  
would like this leaflet  
in larger print or an  
alternative format.

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