



**Queen Victoria Hospital**  
NHS Foundation Trust

# **Day Surgery Admissions**

## Patient Information



## Confirming your admission and where to attend

You will be contacted the day before between 12pm and 5pm. If you surgery is on a Monday or after a Bank Holiday, you will be contacted the Friday before between 12pm and 5pm.

During that call staff will give instructions on where to attend. You will also be given instructions about when you should stop eating and drinking (if applicable).

## Transport/arrival

If you are having a general anaesthetic or sedation you must not drive yourself or use public transport. It is important that you make arrangements for someone to transport you to and from the hospital.

If you are having a local anaesthetic, we advise that you check your car insurance cover before driving or alternatively arrange for someone to pick you up.

## Will my friend/relative be allowed to stay with me?

Unfortunately we are not able to accommodate any other people in this area except patients and patients' carers. Your relative, friend or partner may escort you up to the main theatre's reception and will be contacted when you are ready to go home. There are restaurant and café facilities onsite for your relatives to wait; please ask the staff for details.

If you need a carer with you during your stay please contact us to arrange this.

## Smoking

If you smoke, giving up for several weeks before your surgery may help reduce the risk of breathing problems. If you cannot stop, cutting down will help. As smoking also affects wound healing, try not to smoke for at least 24 hours before and after your surgery.

The hospital has a no-smoking policy. This means that smoking is not allowed inside the hospital, in any entrances or doorways or within the grounds.

## Preparing for surgery

Shower or bathe before coming to the hospital and remove make-up, nail varnish and non-essential jewellery. Contact lenses should also be removed.

Wear loose, comfortable clothing and footwear.

## What should I bring with me?

- Any medicines, herbal remedies or supplements that you are prescribed or currently taking, including eye drops and inhalers
- A sandwich or snack, to eat after your surgery
- Something to occupy the time whilst waiting e.g. book, puzzles, personal audio player with headphones

Please do not bring any large sums of money or valuable belongings with you. Queen Victoria Hospital is unable to accept responsibility for the loss of or damage to personal property.

## Anaesthetic information (Please read carefully)

Please follow the instructions that relate to the type of anaesthetic you are going to have. For your own safety it is very important that these are followed carefully, otherwise your operation may be cancelled.

## General or Regional anaesthetic including sedation Morning operation

- On the evening before your surgery, eat a light supper. No food should be eaten after midnight (including chewing gum)
- Before 6:00 a.m. – drink clear fluids only e.g. water, black tea or black coffee with no sugar. No milk, squash or fizzy sugary drinks.

## Afternoon operation

- Before 7:00 a.m. - please eat a light breakfast e.g. tea and toast and nothing after that (including chewing gum).
- Before 10:00 a.m. - drink clear fluid only e.g. water, black tea or black coffee with no sugar. No milk, squash or fizzy sugary drinks.

## Taking your medication

You should continue to take your usual medication with a sip of water up to and including the day of surgery unless your GP, anaesthetist or surgeon have asked you not to. If you are unsure, please telephone the department for advice.

## Local anaesthetic

You may eat and drink normally

## When you arrive

On admission you will be welcomed at reception. A nurse will record certain details in your notes and will ask you about your general health. If you have any questions, please do not hesitate to ask them.

## Please inform the staff if you have any allergies.

You will be asked to wait for your surgery in the reception area, where you can relax and watch television or read, do puzzles etc. Before surgery, you will be escorted to a changing room where you will be asked to change into an operating gown. A property bag is provided for you to store your clothes and belongings whilst you are having your surgery.

We do our best to stagger the admission times so that patients can be assessed by the surgeon and anaesthetist before the operating starts. Unfortunately, sometimes operations take longer than expected which may mean that you have longer to wait.

The surgeon will discuss your operation with you. It is important that you understand the benefits and risks of the procedure before you sign your consent form. You will also meet your anaesthetist, who will talk to you about your anaesthetic. Please ask any questions that you may have.

You have the right to refuse if you do not want the treatment suggested.

## Your operation

When it is time for your surgery a nurse will accompany you to the operating theatre. There you will be welcomed by the theatre team and prepared for your operation.

## How long will your stay be?

On average your stay should be between three and six hours, depending on where you are on the operating list.

Certain circumstances may lead to some delay in your surgery being performed. If this happens we will do our best to keep you informed.

You will be discharged once the nursing and medical staff are satisfied with your condition. In exceptional circumstances, an overnight stay may be necessary.

## After your operation

If you had a general anaesthetic

After your surgery you will wake up in a recovery area where you will be moved to the second area of the recovery room until you are fully awake and alert.

The nurses will inform you when it is safe to move around, to get dressed and move into the discharge area. It is important to ask for help when you first get up as you may feel faint or sick.

The staff will offer you some light refreshment, and you may eat your sandwich/snack, if you have brought one.

## If you had a local anaesthetic

After your surgery you will be able to get dressed and move into the discharge area where staff will offer you some light refreshment, and you may eat your sandwich/snack, if you have brought one.

## Pain

If required, you may be prescribed painkillers which will be given to you in the department. However, as this may not be necessary, please ensure that you have an adequate supply of your usual 'over the counter' painkillers. Always read and follow the instructions, warnings and dosage on the advice leaflets.

## Follow-up appointments

If you require a follow-up appointment for the Outpatients Department, where possible, the appointment date and time will be agreed with you before you go home. Otherwise, an appointment will be sent to you by post.

## Going home

You may use your mobile phone to contact someone to come and collect you or ask the nurse to do it for you.

Information will be provided before you are discharged. Should you, your relative or carer have any further questions or need assistance after the operation, please do not hesitate to ask the nurse who is looking after you.

Make sure you have all your belongings with you before you leave the unit.

## At home, how will I feel?

You may feel tired or even exhausted when you get home. Go to bed or rest as much as possible. Have someone stay with you and have help available for showering or bathing in case you feel light-headed or faint.

For the next 24 hours after a general anaesthetic, you must not:

- drive or operate machinery
- drink alcohol
- take sleeping tablets

We also advise you not to sign legal documents, contracts or make important decisions (because you may feel drowsy and may find it hard to concentrate)

## Further questions

Should you have any further questions or concerns before or after your surgery, please do not hesitate to contact us.

The reception is open from 7:30 a.m. until 7:00 p.m. Monday to Friday.

Outside these hours you may either contact your GP or telephone our switchboard and ask to speak to the doctor on call.

## Contact us

Finally, if you have any queries before your admission, please do not hesitate to contact us where we will be happy to answer your queries.

Your admission letter will give you the appropriate numbers to call.  
Switchboard

**Tel: 01342 414000**

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please visit [www.supportqvh.org](http://www.supportqvh.org)



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

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