

Welcome to Main Theatres

We would like to let you know what to expect during your admission to The Queen Victoria Hospital theatre department.. Please ask any member of our team if you have any concerns or questions.

You will be asked to attend the theatre reception at either 7.30am or 12.30pm on the day of your surgery.

You are coming into hospital for an operation that will be carried out under one of the following anaesthetics:

- General anaesthetic
- Regional anaesthetic
- Local anaesthetic and sedation
- Local anaesthetic

If you are having a general, regional or local and sedation anaesthetic you will need to stop eating and drinking before your surgery. To ensure your safety, it is very important that you follow these instructions carefully otherwise your operation will be cancelled.

How do I prepare for a general, regional or local and sedation anaesthetic?

Do not eat or drink as follows:

- **Morning operation**

You must not eat or drink anything after midnight on the night before your operation apart from water, which you may drink up until 6am on the morning of your operation. Do not drink anything containing milk after midnight.

- **Afternoon operation**

You must not eat or drink anything after 6am on the morning of your operation apart from water, which you may drink until 10am. Do not drink anything containing milk after 6am.

These restrictions include sweets and chewing gum.

- Day surgery patients only: following a general, regional or sedation anaesthetic it is important that you arrange for a responsible adult to collect you from the discharge lounge to drive you home. Public transport is not

suitable for your journey home.

- A responsible adult must be available to stay with you for 24 hours after your operation
- If you are the sole carer for your children, please ensure that you make arrangements for someone to look after them whilst you recover from your surgery

How do I prepare for a local anaesthetic?

You may eat and drink as usual before your surgery, unless your nurse tells you otherwise. Following your local anaesthetic, we advise that you arrange for someone to collect you and stay with you after your operation.

How do I prepare for surgery?

- Please do not smoke for at least 24 hours before your operation.
- Please bath or shower on the morning of your operation. Remove all make-up, false eyelashes, nail varnish and acrylic nails.
- Wear comfortable, loose-fitting clothing and footwear.
- Do not wear jewellery, remove all jewellery from piercings.

What should I bring with me?

- All current medication, including eye drops and inhalers.
- A list of medications you are currently taking.
- Something warm to wear eg dressing gown and slippers.
- Do not bring any valuables with you such as credit cards, large sums of money or jewellery.

The Queen Victoria Hospital is unable to accept responsibility for the loss of or damage to personal property.

You will be greeted by our receptionist, who will let the nurses know that you are here. Please ensure that you give the receptionist the mobile number of the relative/friend who will be collecting you after your surgery.

One of our nursing staff will admit you – recording your blood pressure, pulse and temperature. You will also be seen by a surgeon and anaesthetist (if required). Swabs may be taken

at this time as part of the Hospitals methicillin resistant staphylococcus Aureus (MRSA) screening programme.

Closer to the time of your surgery you will be changed into a hospital gown and be asked to wait in our TV area to be called to theatre.

Following your surgery, you will go to recovery, once you are awake and alert you will be transferred to the ward if you are staying overnight or to the discharge lounge if you are going home. Once you are ready to go home your relative will be contacted by us and asked to collect you from the discharge lounge.

Following a regional, local or local and sedation anaesthetic you will be transferred directly to the discharge lounge where you will be offered some light refreshments. How long you need to stay in the discharge lounge depends on your recovery and any post-operative interventions needed.

At discharge your nurse will give you written post-operative care and advice. If required, you may be prescribed medication to take home and this will be given to you by the nurse.

Please ensure you have an adequate supply of mild painkillers at home as we do not provide these on discharge eg paracetamol.

You will be able to purchase mild pain killers from the hospital pharmacy on site if required.

If you or your relatives have any questions before you leave for home please speak to one of our nurses.

Waiting Time

Main Theatres serves 10 theatres daily. Please be patient with us while you are waiting for your surgery. The people you see around you are waiting to be seen by surgeons from different theatres.

We will keep you informed of any delays when possible. Often delays are due to circumstances beyond our control, but please speak to a member of our team if you are concerned about the length of time you have been waiting. Please bring a book, music player with headphones or something to occupy you whilst you wait. We have free visitors wifi.

The reception area is for patients only. Should your relative/friend need to stay on site to wait for you, we have the following refreshment areas.

- **The Hurricane Café** (The Lodge) - Open Monday to Friday 8am-6pm, Saturday 9am – 5pm and Sunday 10am to 3pm, for sandwiches and snacks
- **Spitfire Restaurant** - Open Monday to Friday 7.30am to 5pm, weekends and bank holidays 7.30am-3pm for breakfast, lunch and snacks
- **Lancaster Lounge** – 24 hour access to vending machines and seating

If relatives are unsure where these facilities are, please ask at reception where site maps are available.

The reception area closes at 5pm.

Giving your feedback

Whether your experience with us has been good or bad, we want to know about it. We like to know what our patients and visitors think of their experience at QVH so that we can continue improving their experience in the future.

If you are given a feedback questionnaire, please complete it and hand to a member of staff. Alternatively, if you prefer, you may take it home and post it back to us to the freepost address.

You may also be contacted by telephone to ask for your feedback.

Contact us

Should you have any further questions or concerns, please contact us:

Main Theatres Reception
Tel: 01342 414522/4523

General hospital contact information

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Welcome to Main Theatres

Please ask if you would like this leaflet in larger print or a different format.

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