Preparing for your operation

Information for patients
Important

Before you come to the hospital please read this leaflet carefully and follow the instructions.

Day before surgery

You may eat and drink normally and then please keep to the following instructions.

Day of surgery

If you are having a local anaesthetic (when you stay awake and the part of your body to be operated upon is made numb):

• You can eat and drink as normal, but please make sure you have a light breakfast or light lunch, depending upon your admission time.

• Please make sure you take your normal medications on the morning of your surgery.

DIABETIC PATIENTS:

• You can eat and drink as normal and should take your diabetic medicine or insulin as normal.

If you are having a general anaesthetic, including local anaesthetic with intravenous sedation:

Please make sure that you follow these fasting (starving) instructions, which should also be included with your appointment letter. Fasting is very important before an operation. If you have anything in your stomach whilst you are under anaesthetic or sedation, it might come back up while you are unconscious and get into your lungs.
Fasting instructions

You will be taken to the operating theatre where you will meet the anaesthetic nurse who will look after you during your surgery.

**MORNING LIST:** (Admission time 7:30am)

Nothing to eat from midnight.

You can drink clear fluids (i.e. **black tea/black coffee, water**) up until 6:30am.

Please note: You should not drink anything containing milk.

**DIABETIC PATIENTS:**

Nothing to eat from midnight.

You can drink clear fluids (i.e. **black tea/black coffee, water**) up until 6:30am.

Please note: You should not drink anything containing milk.

**Medication**

EVENING BEFORE: Take only ½ your normal dose of **long acting** diabetic medication.

DO NOT take your morning dose of diabetic tablets or insulin.
AFTERNOON LIST: (Admission time 11:30am)
Nothing to eat after 7:30am.
You can drink clear fluids (i.e. black tea/black coffee, water) up until 11:30am.
Please note: You should not drink anything containing milk.

DIABETIC PATIENTS:
Nothing to eat after 7:30am.
You can drink clear fluids (i.e. black tea/black coffee, water) up until 11:30am.
Please note: You should not drink anything containing milk.

Medication
Take ½ your morning dose of insulin.
Take your normal dose of short acting diabetic tablets.
DO NOT take your long acting diabetic tablets.
EVENING LIST: (Admission time 2:00pm onwards)
Nothing to eat after 12:00noon.
You can drink clear fluids (i.e. black tea/black coffee, water) up until 4:00pm.
Please note: You should not drink anything containing milk.

DIABETIC PATIENTS:
Nothing to eat after 12:00noon.
You can drink clear fluids (i.e. black tea/black coffee, water) up until 4:00pm.
Please note: You should not drink anything containing milk.

Medication
• Take your normal morning dose of insulin.
• Take your normal dose of short acting diabetic tablets.
• Take ½ your normal dose of long acting diabetic tablets.

Please do not chew gum or eat sweets on the day of your surgery, as this increases the amount of stomach acid and can result in your surgery being cancelled.
Operation day

Please report to the Lichfield Day Surgery Unit, Level 0, West Wing, John Radcliffe Hospital, unless instructed otherwise. Your admission time will be confirmed by a letter from our Booking Office. The receptionist will register your details and then direct you to a trolley/bed, chair or waiting room.

On the Unit

The nurse who is looking after you will meet you, check your paperwork and then take your blood pressure and pulse. If you think you may need a sick certificate (to sign you off work), this is a good time to let the nurse know.

The surgeon will visit you to talk through the operation with you and ask you to sign a consent form.

If you are having a general anaesthetic or intravenous (IV) sedation, you will also be visited by the anaesthetist, to confirm you are fit to have a general anaesthetic.
Preparation for surgery

Your nurse will prepare you for theatre.

If you are having a **general anaesthetic:**

You will need to remove contact lenses, dentures, make-up, nail varnish and all jewellery. You may be allowed to wear a wedding band, but this will be covered with tape.

We will give you a special gown to wear which fastens at the back, and some special socks to help prevent you developing blood clots in your legs. You may wear your own cotton pants/boxer shorts. Please bring a dressing gown and slippers, as we may walk you along a public corridor to the operating theatre.
Prevention of Deep Vein Thrombosis (DVT)

For people having general anaesthetic and IV sedation only:

In order to greatly reduce the risk of DVT it is important that you exercise your feet to keep the blood moving in your lower legs, until you are up and about. Your nurse will show you the correct exercises.

You will be asked to wear anti-embolism stockings to theatre and will also have pneumatic compression cuffs placed around your lower legs while you are in theatre/recovery. These expand with air then deflate, to help keep your blood circulating. If you are not able to move around as much after surgery, these may remain in place for a few days.

For further information about the prevention of DVT please speak to your pre-assessment nurse.
Going to theatre

You will be taken to the operating theatre, where you will meet the anaesthetic nurse who will look after you during your surgery.

If you are having a general anaesthetic or IV sedation, you will be taken to the recovery room after your surgery. When you have woken up your nurse will collect you and take you back to the ward.

If you are staying overnight, you will be transferred from theatre directly to the Specialist Surgery Inpatient Ward. If you are having day case surgery (and not staying overnight) you will be returned to the Lichfield Day Surgery Unit.

After the surgery

Your nurse will help make you comfortable and monitor your blood pressure and pulse (and temperature if needed). They will explain any drips, drains, packs or bandages you may have, and will give you tablets or injections for pain and sickness if you need them. They will tell you when you can eat and drink.

Visiting times

Specialist Surgery Inpatient Ward: 2:00pm - 8:00pm

Lichfield Day Surgery Unit has an open visiting policy, but please check with the nursing staff before coming to the hospital.
Discharge

**Day Surgery**
Once you have been assessed as ‘fit’ for discharge your nurse will provide you with the following:
- Verbal and written discharge information
- Any medications which may have been prescribed
- Information regarding any follow up appointment you may require.

**Overnight Stay**
On the day of discharge your nurse will:
- make sure that the doctors see you during the ward round
- organise a follow-up appointment if necessary
- care for any dressings or packs that you may have
- explain how long you need to stay off work and give you your sick certificate, if you need one
- give you written discharge instructions and clearly explain any discharge advice
- organise any medication that you need to take home.

**Please note** that we no longer prescribe simple painkillers such as paracetamol, ibuprofen or co-codamol. **Please make sure you have a supply of suitable painkillers available for when you get home.**

**Please be aware** – you cannot legally drive for 48 hours after a general anaesthetic or sedation. **You will need to arrange for someone to collect you from the hospital.** You should not go home
unaccompanied on public transport and preferably should be taken home by car or taxi. This will be more comfortable for you and also quicker for you to return to the hospital if there are any complications on the journey home.

**Specialist Surgery telephone numbers**

If you have any questions or concerns, you can contact us on the following numbers:

**Pre-operative Assessment Nurses**
ENT and Plastic Surgery:
01865 231 191
(Monday to Friday, 8.00am to 4.00pm)

**Pre-operative Assessment Nurses**
Eye Surgery:
01865 231 105
(Monday to Friday, 8.00am to 4.00pm)
(Answerphone available, which will be responded to the next working day)

**Specialist Surgery Inpatient Ward:**
01865 234 890 or 01865 234 684
(24 hours, 7 days a week)

**Lichfield Day Surgery Ward:**
01865 231 296 or 01865 231 297
(Monday to Saturday, 8.00am to 8.00pm)
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk