

Welcome to the Surgical Elective Centre (SEC)

Information for patients



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The Surgical Elective Centre (SEC) is a new centre at the John Radcliffe Hospital for elective surgery. Some patients will be admitted as day care patients and some will be admitted to a ward after surgery.

We will discuss your options at your pre-operative (pre-op) appointment.

Maps and hospital information

Scan this QR code or visit ouh.nhs.uk/hospitals/jr



To open the QR code, point the camera of a smartphone to the QR image. Without taking a picture and tap the web link or yellow box that pops up on your screen, and it will take you to the website.

Instructions in your appointment letter

Follow all the instructions in your appointment letter about **hygiene, eating and drinking. Some patients will be asked to stop medication while some will need to take their medication as normal.**

These instructions are important to your safety during your operation. If you do not follow all the instructions correctly, your surgery may be cancelled.

If you have any concerns, please discuss them at your pre-operative appointment.

What to bring

Please see your appointment letter for a full list. Bring all medicines that you take, in their original containers, cards giving details of your current treatment (e.g. a steroid card) and any non-prescription medicines, ointments or supplements you use.

If you want to listen to music or podcasts, play games or watch video/TV, please bring **headphones**.

If you are being admitted to a ward, please bring an overnight bag.

Jewellery, valuables and piercings

Please leave all jewellery and valuables at home and remove jewellery from piercings. If you have a wedding band, you can keep this on.

If you are unwell before your operation

If you are unwell before your operation, please call the telephone number on your appointment letter as soon as possible.

If, following discussion with your anaesthetist and surgeon, we need to reschedule your surgery, we can offer the time slot to another patient.

Hearing/language difficulties

If you have difficulty hearing, or need an interpreter, please tell our staff as soon as possible. If you need this information in another format, first contact the department treating you.

How to get to the Surgical Elective Centre (SEC)

The SEC is at the John Radcliffe (JR) Hospital in Oxford.

Please use public transport if you can. For details of Park & Ride and other options please visit ouh.nhs.uk/hospitals/jr/find-us/bus

If driving, **Car Parks 2 and 2A** are closest, but please allow plenty of time as they can be very busy.

1. From the **JR main entrance on Level 2** by M&S, follow the corridor past the main lift lobby to the League of Friends Café. Just past the cafe there are stairs on the right and a lift on the left.
2. Take the lift or stairs down to Level 1.
3. Follow the green signs to the SEC on Level 1.

If you need assistance or a wheelchair, please ask at reception. There is also a wayfinding video on the OUH website.

If you are late for your surgery

If you think you will be late for your surgery, please call **01865 220404**.

Patient Transport

If you are eligible for Patient Transport, book it well in advance.

To check if you are eligible, please call **0300 777 3333** (Monday to Sunday, 6am to 12 midnight).

On the day of your surgery

When to arrive at the SEC

Please do not come to the SEC more than 15 minutes before the arrival time given in your appointment letter.

You will go from the waiting area to a medipod (see below) where you will receive pre- and post-operative care. We will do all we can to ensure your surgery takes place on time and will keep you informed about any delays.

Medipods

Medipods provide each individual patient with personal space and privacy. They are next to the theatres, so it is a short journey to the theatre and back.

You might not return to the same medipod, so staff will help you use the lockers provided for your belongings. They are quite small, so please bring everything in one small soft bag.

Who you will see

After you arrive, a nurse will come to the waiting area, check your ID and take you to your medipod. They will be your main contact before and after your surgery.

Members of the surgical team will come and explain what to expect and answer questions. We will ask you to sign a form consenting to your surgery, if not already completed prior to admission.

A member of the theatre staff will take you from the medipod to the theatre for anaesthesia and surgery.

Identification

Every member of staff must **confirm your identity**, so we may ask you to **confirm your name and date of birth several times**. We will also give you a wristband with your name, date of birth and NHS number on it.

Students

The John Radcliffe Hospital is a teaching hospital and students may be present. If you would prefer them **not** to be present, please tell the staff caring for you.

Relatives/carers

A relative or carer can come with you to the SEC waiting area. We will ask them to leave when you go to your medipod.

If you are under 16 years old your parents/guardians may stay with you until you go to theatre, but **no** other family. If you need an adult with you, please discuss this at your pre-operative appointment.

Diet

Please tell staff if you are diabetic or have any food allergies, dietary requirements, or take blood thinning medication. You will have been given instructions during your pre-operative assessment appointment.

After your surgery

Your nurse will 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.

Getting home

If you are having surgery as a day case procedure under a general anaesthetic or sedation, you will not be able to drive afterwards. Someone must collect you from the hospital, whether that is a carer or relative, and take you home by car, taxi, or patient transport.

If a relative/carers is driving you, staff will ask for their telephone number and call them when you are ready. Relatives will meet you in the SEC waiting area.

Relatives/carers: *must not come to the SEC waiting area before receiving the call saying that the patient is ready to go home.*

Overnight at home

Someone must stay with you overnight at home after your surgery.

Medication to take home

We will explain any medication we give you to take home, and our pharmacists will ensure it is compatible with any medication you currently take.

Please tell your nurse if you have any allergies.

Pain relief

Make sure you have pain relief such as paracetamol and ibuprofen at home as we will not supply them.

Wounds and stitches

Before you leave hospital, your nurse will explain how to care for your wounds and stitches and provide contact details in case you have concerns once you are at home.

Discharge summary

We will send you a discharge summary and send a copy to your GP to tell them about the surgery you have had, the medication we have given you and any post-operative care you may need.

Privacy, Dignity and Respect

Our staff will treat you with dignity and respect and take steps to preserve your privacy. We ask you to treat our staff with courtesy and respect.

[illegible]

Checklist

Here is a list of some things you might need to remember – add in your own.

To bring in:

- ☐ Medications (including eye drops, inhalers, supplements)
- ☐ Reading glasses
- ☐ Phone number of the person who will be collecting me
- ☐ Phone/i-Pad, headphones and charger
- ☐
- ☐

You may also wish to bring:

- ☐ Book

To arrange in advance:

- ☐ Patient Transport if eligible
- ☐ Simple pain relief such as paracetamol or ibuprofen
- ☐ Someone to be with me overnight after my surgery
- ☐
- ☐

For more information about care at Oxford University Hospitals please visit:

ouh.nhs.uk/patient-guide

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



Making a difference across our hospitals

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