

Minor Surgery under Local Anaesthetic (No Anaesthetist Required)

Important information for adult patients

During your procedure you will be having a local anaesthetic. It is important that these instructions are followed for your own safety.

ON THE DAY OF YOUR ADMISSION OR PROCEDURE

Chewing gum

This is not permitted, because gum stimulates the production of juices in the stomach. It can also put you at risk of choking during the procedure.

Smoking

If you smoke, please do not smoke on the day you come into hospital. Smoking reduces the amount of oxygen in your blood, increases your heart rate and raises your blood pressure.

Alcohol and drugs

Please do not drink any alcohol or use recreational drugs **for 12 hours** before your admission. Alcohol can cause dehydration and increases your blood glucose level. Both alcohol and recreational drugs can affect medication.

PREPARING FOR YOUR ADMISSION

FOOD

You can eat your usual diet on the day of your procedure.

If you have been given specific dietary advice (such as bowel preparation), please follow the instructions you will have been given.

DRINK

We want you to continue to drink normally on the day of your procedure, to help keep you hydrated and comfortable.

You should continue to drink clear fluid (such as water, squash, black tea, black coffee, clear fruit juice without bits and clear non-fizzy drinks), unless you have been told there is a medical or procedural reason why you should not.

If you have been asked to take any special fluids, please follow the instructions you will have been given.

MEDICATION

Please take all your usual medication (including inhalers), unless you have been given instructions not to. You may take these with food or water.

Please follow any instructions given to you by the pre-admission nurse about stopping anticoagulant medications, such as aspirin, clopidogrel, dabigatran, rivaroxaban, edoxaban or warfarin.

If you have diabetes, you will receive separate advice about when you should have your diabetes tablets or insulin injections.

Further advice is available from the Pre-operative Assessment Clinic.

Tel: 01865

If you do not want to have your surgery under local anaesthetic, please contact your doctor or surgeon's secretary.

Tel: 01865

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 **PALS@ouh.nhs.uk**

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