

Information and advice for local anaesthetic/ sedation admissions

Information for patients



What this leaflet is about

This leaflet explains about local anaesthetic and about sedation (medication that makes you sleepy). It will also explain about your admission to the Horton General Hospital for this type of procedure.

What is local anaesthetic?

Local anaesthetic is a numbing injection around an area which requires surgery. Very occasionally a local anaesthetic gel is also used to help numb the skin before giving the injection.

Local anaesthetic works by blocking the way nerves carry pain signals to the brain. It is usually injected into the tissue surrounding the operation site using a fine needle. The doctors and nurses will explain everything to you as they carry out the procedure.

What is sedation?

Sedation is a small amount of medication which is injected into your bloodstream to make you slightly sleepy.

If you have been recommended to have sedation then you will need to stop eating and drinking (this is called 'fasting') before your scheduled admission time.

Fasting

Fasting is important to avoid certain complications during your operation. If you have eaten before your operation you might be sick during the procedure. This can then cause problems with your breathing.

Fasting from food also includes **NOT** eating soup or sweets, chewing gum or taking milk in tea and coffee. You may be asked to drink clear fluids **only**.

Clear fluids are defined as water, very weak black tea or coffee or very weak squash / cordial. NOT FRUIT JUICE.

Please follow the instructions below which relate to the time that you have been scheduled for admission.

Morning admissions for 08:00am

It is very important that you do not have anything to eat after **03.00am**. You can eat normally up until this time unless told otherwise.

You can drink as much clear fluid as you like up until **07:00am**.

No food or drink to be consumed after 07:00am.

Afternoon admissions for 12:00midday

It is very important that you do not have anything to eat after **07:00am**. You can eat normally up until this time unless told otherwise.

You can drink as much clear fluid as you like up until **11:00am**.

No food or drink to be consumed after 11:00am.

Admission

- Please report to the appropriate ward at the time/location stated on your admission letter. Please do not arrive too early.
- Please bring with you any medication that you are currently taking.
- Please have a bath or shower before you come to the ward.
- Please remove any makeup and nail varnish and please remove any jewellery. You may be able to wear your wedding ring, depending on where on your body your operation is being carried out.
- Acrylic nails can usually be left in place, but please remove the nail varnish from one finger on each hand.
- Do not bring any valuables or money with you, as the hospital does not accept any responsibility for their safety.
- Your operation time will depend on where you are placed on the list and can be subject to change. We need you here at the time stated so that the doctors can see you before the list starts. **This may mean that you have to wait for your allocated slot in theatre.** We recommend that you bring a book or newspaper/magazine with you to help pass the time.
- Please bring with you a dressing gown and slippers. You will need to change before the short walk to the operating theatres.
- It is advisable to buy some **paracetamol** and **ibuprofen** from any chemist or supermarket. This will be helpful after the procedure when the local anaesthetic wears off.

Discharge (going home)

- There is no set time for discharge – this will depend on how you are following your procedure. Please be assured that we will not keep you any longer than needed.
- You will need to have someone to take you home. Please make sure that they will be available to collect you from the ward at any time.
- Special instructions will be given to you before your discharge about work, driving, dressings, pain control, etc.

If you are unwell

If you have a cold or are otherwise unwell and wish to cancel your operation, please tell the waiting list office on:

- 01295 229 395 for general surgery
- 01295 229 831 for colorectal
- 01295 229 394 for gynaecology
- 01295 229 831 for oral surgery
- **OR** on 01295 229 767 (7.30AM - 5.00PM) for the Day Case Unit

Queries

Staff on the Day Case Unit are happy to discuss any queries or problems that you may have. Please ring on the telephone numbers above if you would like to discuss any concerns you might have about your admission.

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

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