

# Patient information

## Having a Pre-assessment

### *An easy read leaflet*

If you are going into hospital for an operation, you will have to come in a few weeks before your operation for a pre-operative assessment appointment.



This leaflet will tell you all about what will happen at this appointment.



When you arrive at the pre-admission unit, the person at the reception will take your name, address and date of birth.



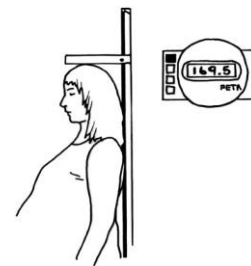
The person at the reception desk will ask you to sit and wait to see the nurse.



All the staff in the hospital wear a name badge and when they speak to you, they should always tell you their name. A nurse will call you into a room and you will be asked to sit on a couch; there may be a nurse and a health care support worker in the room.



The nurse will ask you a lot of questions about your health. If you have a 'Health Passport' or 'This is Me' please give it to the nurse as it will contain important information the hospital staff will need to know about you.



The nurse will weigh you and measure your height.

The nurse will also check your blood pressure. This is done by putting a band on your arm which becomes very tight for a short while. The machine which reads your blood pressure will make bleeping noises. When the nurse has finished, the band will become loose and the nurse will take it off.



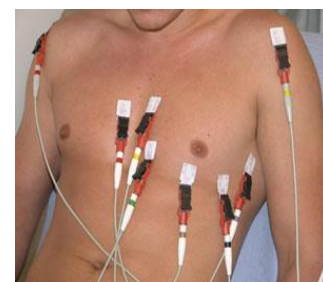
You might be asked for a urine sample - you will need to wee in a small pot. You can bring the sample with you or you can use one of the toilets at the hospital.



You may need to have a blood test so that the nurse can make sure that your blood levels are safe for your surgery or procedure.



You may need a tracing of your heart. Small sticky pads will be put onto your arms, legs and chest. The nurse will attach wires to the pads and connect them to a machine that records your heart rate.



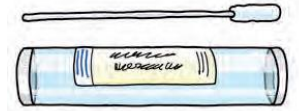
The nurse may need to use a stethoscope to listen to your heart and lungs.



You may need to have a lung function test. You will be asked to breathe in fully and blow out as hard and fast as you can into the mouthpiece of the spirometer. You may have to repeat this several times.



All people coming for operations have to be tested to see if they have germs (MRSA) on their skins. The nurse will use a long cotton wool bud (swab) to wipe inside your nose and groin. It may tickle but will not hurt and will only take a few seconds.



If you need a general anaesthetic you may need to see a doctor called an anaesthetist. An anaesthetic is a drug which sends you to sleep.



The anaesthetist will ask you some more questions about your health and will answer any questions you or your carer may have about the anaesthetic.

The nurse will explain what will happen during your operation and give you some leaflets.



If you or your carer have any questions please ask the nurse.

When the nurse has all the information about you that they need and all the tests have been finished, you will be able to go home.



If your checks are OK, your operation can go ahead.





If you or your carer need help while you are in the hospital, ask one of the nurses to call the

Learning Disability Co-ordinator on 01284 712750

or PALS on 01284 712555

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



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