

Patient information

A guide to the Pre-Admission Unit (PAU)

Welcome to the Pre-Admission Unit (PAU)

Your consultant has recommended that you have an operation/procedure. We need to assess your general health and find out more about you prior to your admission to hospital.

This assessment is the first step on your surgery pathway at the West Suffolk Hospital. Our aim is to ensure that everything is in place to allow you to have a safe and timely anaesthetic and operation. This is to minimise the risk of problems and make your stay in hospital as short and efficient as possible.

You will receive a letter confirming your assessment appointment and a telephone call from net call reminding you. Please be aware that this appointment may take two to four hours.

Please contact PAU on 01284 712810 if you are unable to keep your appointment, you have a current infection or feel that your procedure is no longer required.

Where is the Pre-Admission Unit?

This is a small unit located on the ground floor of the West Suffolk Hospital, in the central core, close to the chapel and next to the Pain Clinic. The Pre-admission Unit incorporates:

- **Admissions officers** who will liaise with you and identify appropriate and agreed dates for procedure and pre-operative assessments.
- **The pre-assessment team** will conduct your pre-operative assessment, investigations, and give you information, guidance and health education.

What is pre-operative screening?

Firstly, you will be given a comprehensive health and social screening questionnaire at your outpatient appointment to complete.

A pre-operative assessment nurse will screen your health records and review your completed health questionnaire. If any significant health issues are highlighted, we may liaise with you, a consultant anaesthetist or your GP, prior to your pre-operative assessment.

What is a pre-operative assessment?

A pre-operative assessment takes place in a clinic before your operation to ensure you are fully prepared for your hospital admission.

What to bring with you

- Please bring a list of your current medication or their boxes.
- Urine sample (if requested) in the container provided.
- A completed occupational therapy questionnaire (green), if you are having a hip, knee or ankle replacement or an ankle fusion.
- Reading glasses, if normally used.
- A book or something to read or do whilst you wait.
- Drinks and snacks, especially if you have diabetes

What happens at the pre-operative assessment appointment?

Your general health and fitness level for anaesthesia and surgery will be assessed. We will:

- Check your height, weight and calculate your body mass index.
- Carry out relevant investigations, for example a blood test.
- Ask various health and social questions.
- Provide you with pre-admission advice and information.
- Give you time to discuss any concerns or worries you have.

What can you do in preparation for your operation?

If you are currently undergoing treatment for a long-standing condition for example blood pressure or diabetes these will need to be well controlled prior to your surgery. (Blood pressure below 180/110 and Hba1c less than 8.5% or 69 mmols/mol). This is something your GP may be able to assist with.

We strongly advise you to stop smoking and avoid consuming alcohol for at least two days before your operation.

No anaesthetic or operation is without its risks. **It is important that your health is at its optimum level prior to your operation.**

Please be aware that we have an assistance dog working in the unit. If this worries you, please contact us.

We look forward to meeting you.

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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