

Patient information

Adult elective surgery - general guidance

General information to prepare you for surgery

Please read the following instructions carefully before your operation.

Failure to follow this advice could lead to the cancellation of your operation.

Your operation will either take place in the main hospital or the Day Surgery Unit.

Nil by mouth instructions and surgery location will be sent to you by the admissions office when you are allocated a date for surgery. If you have any concerns about any of the instructions on your letter please phone the Pre-Admission Unit team Monday to Friday between the hours of 8.30 am to 5.30 pm on (01284) 712810.

Further information can be found on the Pre-Admission Unit link on the West Suffolk Hospital web page.

It is your responsibility to ensure that you follow any instructions which were given to you in the Pre Admission unit about any medication changes prior to your operation.

Before your operation

- Do not smoke or use recreational drugs for 12 hours prior to your operation.
- Do not drink alcohol for 24 hours prior to your operation.
- Please bath or shower on the morning of your operation.

- Arrange for a responsible adult to drive and accompany you home.
- You cannot drive yourself or use public transport after a general anaesthetic. You may use a taxi but only if an escort travels with you.
- If you are having day surgery please arrange for a responsible adult to stay with you overnight after your operation.

Please help us to help you

- Do not wear any nail varnish on your fingers or toes or any makeup.
- Do not bring any unnecessary money in with you.
- Do not wear any jewellery except a wedding ring. Body piercings should be removed.
- Please wear glasses rather than contact lenses.
- Please wear comfortable, supportive footwear.
- Do not use chewing gum.

Remember to bring the following with you

- Any drugs or medicines in their original containers NOT a Dossett box.
- Any medical devices eg inhalers or CPAP machines you are using.
- Dressing gown and slippers.
- Something to read. Small change for newspapers etc.
- The telephone number of the person responsible for taking you home.

Enquiries and car parking

- **Main Hospital:** Visiting times vary according to ward. Please phone the main hospital on (01284) 713000 and ask to be put through to the appropriate ward.

Remember to bring change for car parking. Car park A at the front of the hospital is the designated patient/visitor parking area.

- **Day Surgery Unit:** In view of the short time that you will be in the Day Surgery Unit, visitors/partners are not permitted to stay with you. Enquiries can be made at the reception desk or by phoning (01284) 713958.

There is a 20 minute drop off bay outside Day Surgery. There are also some spaces for disabled parking.

Information for the first 24 - 48 hours after your anaesthetic

- Rest for this period.
- Do not drive a car, motorbike or ride a bicycle.
- Do not use power tools or household appliances, which may cause harm or injury.
- Do not make any vital decisions or sign legal documents.
- Do not stand up quickly as it is not uncommon to become light headed after an anaesthetic.
- Do not smoke, drink alcohol or take recreational drugs.
- Do not take sleeping tablets.
- Please follow any special instructions which the surgeon or anaesthetist have given you.

Diet advice

- You may feel sick or vomit after a general anaesthetic. This is not uncommon. If it does occur, remain quiet, lie down and sip plain water until it passes.
- Otherwise eat and drink normally - unless instructed differently.

What will happen on the day?

- When you arrive on the ward / Day Surgery Unit you will be booked in at their reception area.
- The Nursing staff will help prepare you for your operation.
- You will meet the surgeon and anaesthetist prior to having your operation.
- You will be asked to sign a consent form.

You will find that you are asked the same questions more than once; this is all part of the careful checking system.

- The hospital has several theatres. People are collected from the ward dependant on the type of operation they are having and which theatre list they are allocated to.
- Please be advised you will have to wait until it is your turn for theatre.

Further information about your operation can be found on the West Suffolk Hospital webpage - click on “patient leaflets”.

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. 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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