Day Surgery Unit

Information for patients attending the Day Surgery Unit having a General Anaesthetic

This leaflet aims to provide you with the information you need to prepare you for your stay in the Day Surgery Unit.

If you are unable to attend for your appointment date it is most important that you advise staff at the Day Surgery Unit as soon as possible, so that your place can be allocated to another patient. Contact the Unit’s direct line 024 7696 6826.

Please note that the cancellation of an operation is rare and will only occur in unforeseen circumstances.

The Day Surgery Unit opens at 7.30am and closes at 9.30pm, Monday to Friday. The reception is staffed between 7.30am and 5.00pm, Monday to Friday and an answerphone is available for out of hours calls.

General Information
Operations or procedures are planned for morning or afternoon sessions and this will determine your time of arrival at the Unit.

Your surgery session and arrival time is stated on your letter of admission.

Operation sessions:
From 8.30am – 12.30pm    Arrive at 7.30am
From 1.00pm – 5.30pm     Arrive at 1.00pm

- If you are a smoker it is advisable to cut down or refrain from smoking for two days prior to admission as this will aid your post operative recovery.
- If you are having surgery for varicose veins and are currently taking an oral contraceptive or HRT treatment, please inform the Day Surgery Unit as soon as possible before admission, as your operation may need to be rescheduled. Contact 024 7696 6826.
- You will be asked to remove nail varnish and any make-up before the anaesthetic, therefore wear as little make-up as possible and if necessary bring a means of removing it.
- If possible, please remove any body piercing items.
- The Day Surgery Unit is a mixed sex ward, however your privacy and dignity will be maintained at all times.
- Please stop taking any complementary or alternative therapies, including herbal tablets, one week before admission.
What to bring in with you

- Slippers
- Dressing gown
- A note of your present weight
- Specimen of urine (in a clean bottle) for routine testing
- Any medicines (including inhalers) you are taking
- A book or other suitable pastime
- Please help us to help you by bringing with you this patient information leaflet

Please ensure that you have arranged for your transport home following discharge. You should be accompanied by an adult family member or friend.

What not to bring in

- Valuables, including jewellery
- Large amounts of money (small change is useful for the telephone etc.)
- Food and drink

On the day of admission

- Bathe or shower before admission

Fasting instructions on the day of admission

Please ensure that the fasting times are followed to prevent cancellation of surgery after admission.

For morning operations

- Please do not eat anything after 4.30am
- Please do not take milky drinks after 5.30am
- Take your normal tablets/medicine at 6.30am
- Drink water only until 6.30am
- Do not take anything orally (by mouth) after 6.30am
- Do not chew gum

For afternoon operations

You may have a light breakfast before 9.00am. However:

- Please do not eat anything after 9.00am
- Please do not take milky drinks after 10.30am
- Take your normal tablets/medicines at 9.00am
- Drink water only until 11.30am
- Do not take anything orally (by mouth) after 11.30am
- Do not chew gum

Medicines

Please ensure that you take any medicines prescribed for:

- Heart disease
- Angina
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- Epilepsy
- High blood pressure

Please consult your GP if you are uncertain about your medication.

Bring all your medicines with you to the hospital.

Please contact the Day Surgery Unit if you are taking any herbal or complementary tablets or medicine.

On Arrival

- Please report to reception for registration in the Day Surgery Unit
- Nursing staff will allocate you a bed and assist in completing the admission documents and prepare you for surgery
- You will be introduced to your Named Nurse
- You will be seen by your consultant surgeon or their deputy and the consultant anaesthetist or their deputy who will assess you, explain the procedure and ask you to sign a consent form for the surgery and anaesthesia. You will be able to ask questions before you sign the form
- Information regarding your operation and aftercare will be provided before your discharge

Discharge Information

Your discharge time is dependent on your allocated time for surgery and your fitness afterwards. The order of patient treatment is prioritised by your surgeon and anaesthetist.

It is essential that:
- You are accompanied home by an adult. They may either stay in the department or leave a contact number with you and should be available at short notice to collect you from the department
- A responsible adult will be with you for 24-48 hours after discharge
- You do not use public transport

The minimum stay following a general anaesthetic is one hour

As you are having a general anaesthetic the following restrictions are strongly advised for 24 hours, unless otherwise advised:
- Do not drive. (Insurance complications)
- Do not take any form of alcohol
- Do not operate machinery (this includes the cooker or kettle)
- Do not lock yourself in a room alone
- Do not sign important legal documents

Your surgeon will advise you whether time off work is required and we will provide you with the necessary documentation.

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www.uhcow.nhs.uk
Patient Information

As a result of the anaesthetic, your judgement may be impaired for up to 24 hours, or longer, if advised. The hospital cannot accept responsibility if the advice given is not followed.

In the unlikely event that the surgeon or doctor considers that you are not fit to go home, overnight admission will be arranged.

Teaching students is an important part of the work of University Hospitals Coventry and Warwickshire NHS Trust. Students who are working and learning in this department may be involved in your care. If you have any concerns about this or wish to refuse their involvement, please inform the nurse in charge of the area.

Please ensure that your carer is aware of your discharge and emergency contact information to ensure the best support with your recovery.

We hope this information will help to prepare you for your visit to the Day Surgery Unit. If you have any further questions, please do not hesitate to contact the staff at the Unit on 024 7696 6826.

We look forward to meeting you.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6826 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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