

Day Surgery Unit

Day Surgery - General Anaesthetic needing an overnight stay

This leaflet gives you 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 let us know. Please use the telephone number on your appointment letter.

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 on Monday and closes at 8.00pm Saturday. The reception desk is open from 7.30am until 5.00pm, Monday to Friday and an answerphone is available for out of hour's calls.

General information

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

Operations are planned for morning or afternoon sessions and this will determine your time of arrival at the unit. Following your operation you may be transferred to one of the main wards in the hospital.

Please note, to ensure the privacy and dignity of other patients, we do not allow friends or relatives into the ward and clinical area of the department out of visiting hours. Please drop off your friend or relative at reception and we will contact you when they are ready for discharge. This will enable the



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safe and speedy recovery of the patients.

Visiting Hours: Monday to Sunday	6.30pm to 8.00pm
Saturday and Sunday	2.00pm to 4.00pm

- Please shower/bath before admission.
- If you are a smoker, it is advisable to cut down or avoid smoking for two days before admission as this will help your post-operative recovery.
- If you are having surgery for varicose veins and are currently taking an oral contraceptive or HRT treatment, please tell the Day Surgery Unit as soon as possible before admission. 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.
- Please do not apply acrylic nails before surgery.
- If possible, please remove any body piercing items.
- Please stop taking any complementary or alternative therapies, including herbal tablets, **one week before admission.**

What to bring in with you

- Slippers
- Dressing gown
- Night clothes
- Toiletries and an overnight bag
- A note of your current weight
- Sample of urine (in a clean bottle) for routine testing
- Any medicines (including inhalers) you are taking
- A book or other suitable pastime

Please do not bring

- Valuables including jewellery and mobile phones
- Large amounts of money
- Food and drink

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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.

For MORNING Operations	STOP TAKING AT:
Food or milk	2:30 am
Breast milk	4:30 am
Black tea/coffee, squash (not juice), Pre-Op carbohydrate drink	6:30 am
Water	Arrival to hospital
Please do not chew gum on the day of surgery	

For AFTERNOON Operations	STOP TAKING AT:
Food or milk	7:30 am
Breast milk	9:30 am
Black tea/coffee, squash (not juice), Pre-Op carbohydrate drink	11:00 am
Water	Arrival to hospital
Please do not chew gum on the day of surgery	

Medicines

Please make sure to take any medicines prescribed for:

- Heart disease
- Angina
- Epilepsy

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- High blood pressure

Please speak with your GP if you are not sure 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 give you a bed, help you to complete 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.

The order of patient treatment is prioritised by your surgeon and anaesthetist.

Discharge Information

Your GP will advise you whether time off work is needed and will give you the necessary paperwork.

The anaesthetic can affect your judgement for up to 24 hours, or longer. The hospital cannot accept responsibility if the advice given is not followed.

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

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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 6868.

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

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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