

Patient Information

Day Surgery Unit

Information for patients attending 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 us. Please contact the telephone number on your admission letter

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

The UHCW day surgery unit is open 24hrs except Christmas day, Boxing Day and New Year's Day.

The reception is manned from 7.30am until 5.00pm, Monday to Friday and an answerphone is available for out of hour's calls.

Rugby day surgery unit opens at 07.30am and closes 19.00hrs Monday to Friday except bank holidays when the unit is closed.

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.



Patient Information

Please be prepared to stay for the whole morning or afternoon depending on your time of arrival. 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 safe and speedy recovery of the patients.

Visiting Hours:

Monday to Friday: 6.30pm - 8pm

Saturday and Sunday and Bank Holidays: 10am - 9:30pm

- Please shower/bath before admission
- 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. 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 present weight

Patient Information

- Any medicines (including inhalers) you are taking
- A book or other suitable pastime
- Please help us to help you by bringing you this patient information leaflet

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

What not to bring in

- Valuables including jewellery and mobile phones
- Large amounts of money, (small change is useful for telephone)
- 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	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	

Patient Information

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 ensure that you take any medicines prescribed as advised by your consultant/pre-operative nurse

- Heart disease
- Angina
- 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

Patient Information

- 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 dependant 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 **Reception** 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

Your Surgeon/GP will advise you whether time off work is required and will provide you with the necessary documentation.

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.

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.

Patient Information

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

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

Document History

Department:	Day Surgery Unit
Contact:	26845
Updated:	April 2021
Review:	April 2023
Version:	10.2
Reference:	HIC/LFT/641/08