

Patient Information

## Cardiothoracic Unit

# A guide for patients coming into hospital for cardiothoracic surgery

### Introduction

The staff on the Cardiothoracic Unit would like to welcome you.

We hope this leaflet will help you and your family and/or carers plan for your stay in hospital.

### Telephone numbers

Ward 11	024 7696 5800
Cardiothoracic Critical Care Unit	024 7696 5793

Please limit all telephone enquiries to **one** family member who can then pass on information. The best time to ring the ward for updates on your relative is after 9am.

### Visiting times

Due to the COVID-19 Pandemic visiting has changed. You will be informed of the visiting times when you are admitted to hospital. Alternatively, you can view the latest visiting times on the UHCW website - [www.uhcw.nhs.uk](http://www.uhcw.nhs.uk).



### Planning your stay in hospital

- Please do not bring anything valuable into hospital with you.
- Please bring only essential items such as nightwear, toiletries and slippers, and some comfortable day wear to help you get up and about while you are recovering.
- We request that you do not bring more than these items in a small bag or holdall as there is minimal storage space for personal property.
- Any property kept in your possession will be held at your own risk.

**UHCW NHS Trust does not accept responsibility for the loss of patient property (including dentures) and you will be asked to sign a disclaimer on admission.**

Please bring in with you:

- A fourteen day supply of your current medication

Also any relevant information about the following:

- Medical history or previous operations
- Recent illnesses such as chest infections
- Known allergies to food, medicine or Elastoplast or latex
- How to contact your family / carers (names and telephone numbers)
- Your GP's name and telephone number
- Anything about your family, home or work that you may be concerned about when you are recovering

Please note during your stay, if you require a critical care bed you will be nursed in a mixed sex area.

For more practical details about your stay in hospital please look at the UHCW website. Alternatively, please telephone the ward.

Please contact your consultant's secretary as soon as possible after receiving your admission date if you are currently unwell.

### **The day of your operation**

The nursing staff will tell you when to stop eating and drinking. This is usually about four hours for food and one hour for water before you are due to go to theatre.

During this time you will:

- Be able to shower and clean your teeth
- Be given a gown to wear to the operating theatre

You will be asked to remove the following:

- Dentures (to be stored in a denture pot)
- Contact lenses
- Nail polish
- Jewellery
- Hairpieces
- Make-up
- Hairpins
- Artificial body parts
- All underwear

You may be given tablets (pre-med) before your operation to help you feel comfortable and relaxed.

**There are times when operations are cancelled due to emergency admissions. This is rare and only occurs when it cannot be avoided.**

### **Going home**

Arrangements for your discharge home will be discussed and agreed with you and where appropriate, with your family/carers or friends, so that your welfare on discharge is planned and provided for.

Please consider these arrangements for when you go home

- Who will be with you at home for the first 2 weeks
- Who will be able to provide transport to take you home

## Patient Information

If you foresee any problems with your home circumstances, please let us know as soon as possible prior to or on your admission to hospital, so that we can arrange for appropriate services to be consulted.

### Further information

You may be given information about your surgery and recovery before you are admitted.

If you have any further queries or concerns about your heart surgery, please contact the Cardiac Liaison Team on 024 7696 5803.

For all other enquiries please contact the Ward 11 co-ordinator on 024 7696 5800.

### Useful websites:

British Heart Foundation: [www.bhf.org.uk](http://www.bhf.org.uk)

British Lung Foundation: [www.lunguk.org](http://www.lunguk.org)

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5803 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](mailto:feedback@uhcw.nhs.uk)

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