

# Admission for Elective Surgery

## Patient information

### Preparing for your admission

**We aim to make your stay in hospital as pleasant and comfortable as possible and provide the highest standard of care. Please be aware prior your admission that:**

- If you have any illness, colds, flu and/or vomiting within 48 hours before your planned admission, you must inform the hospital as it may be necessary to rearrange the admission date.
- Before admission you must make transport arrangements to get you home following surgery.
- Before admission you must arrange an escort (responsible adult) who will accompany you home and stay with you for 24 hours following your anaesthetic.
- We request that you bath/shower the night before, or morning of surgery.
- We do not require you to shave the surgical site.
- It is advised that that you try to stop smoking before surgery.
- For information about support with stopping smoking, please ask the nurse at pre-assessment.

### Preoperative fasting guidelines

**If you are booked to come in at 7.00 am:**

- Please eat a snack before you go to bed/before midnight. **Do not eat anything after this time.**
- Please drink at least 200mls (one cup or glass) of clear fluids **before 6:00 am.**
- Do not have drinks containing milk or fruit juice.

**If you are booked to come in at 12.00 noon:**

- Please eat a light breakfast **before 7:00 am. Do not eat anything after this time.**
- Please drink clear fluids freely **until 11:00 am.**
- Do not have drinks containing milk or fruit juice.

**Please take all medications as usual with a small amount of water.**

**Tablets for Diabetes should be omitted.**

If you take Warfarin, Aspirin or Clopidogrel you will be told when to stop taking them at your Pre-Assessment Clinic appointment.

**Please remove any jewellery, make up and nail varnish, prior to coming in to hospital.**

**All patients undergoing surgery must bring into hospital with them...**

- Dressing gown and slippers.
- All the medication you would normally take (these will be returned to you when you leave hospital). Please also make sure you have enough of your regular medication at home for after your procedure. This may require you to order and collect them before you come in.
- Books and magazines as required.

**If you have a planned overnight stay please additionally bring into hospital with you...**

- Items for washing: toiletries, towels, tissues, denture pot.
- Nightwear, good slippers (non-slip) and dressing gown as well as some loose fitting clothing.

There are lockers beside each bed for storing personal effects. However, these do not lock.

E-cigarette chargers are regarded as a potential fire hazard. Using or charging electronic cigarettes/ batteries is not permitted within the Royal United Hospital buildings.

## Day of admission

On arrival to the ward or Admission Suite please report to the nursing staff. You will be shown to the waiting area until your allocated bed is available.

Your regular medication will be stored in a locked cupboard on your bedside locker whilst you are an inpatient.

## Before your operation

The nursing staff will give you an estimated time for your surgery, this can change; you will be informed if this happens. You will be seen by an anaesthetist and a doctor from your team. You will be asked to undress and put on a cotton gown.

## After your operation

- When you have woken up from the anaesthetic you will be brought back to the ward on your bed or trolley.
- The nurse will check your blood pressure and pulse regularly until you are completely awake.
- You may have a clear oxygen mask on your face until you are awake.
- You may also have fluids into a vein in your arm until you are drinking.
- Each bed has a call bell. Please tell the nurse if you are in pain or feel sick.
- Generally you can eat and drink and get out of bed on the same day. This will depend on the type and site of your operation.

## After a general anaesthetic you must not:

- Drink alcohol.
- Drive a car or any vehicle for 36 hours.
- Operate any machinery or equipment, including kettles, irons, etc.
- Sign a legal document.
- Be in charge of a child.
- Be without the company of a responsible adult who will accompany you home and stay with you for 24 hours after your anaesthetic.

## Day of discharge

You will be reviewed and if you are well enough you can go home – your allocated nurse will ensure that:

- You have arranged suitable transport home.
- You have someone to look after you for the first 24 hours at home.
- If you live alone, there is someone to look in on you, there is food in the house, and there is some form of heating if required.
- You have your own, plus any new medication prescribed and adequate painkillers at home such as Ibuprofen or Paracetamol – providing you are able to take these.
- A practice/district nurse will be arranged if required.
- An outpatient appointment will have been made and will be sent to you.

## Preparation before you come into hospital

To ensure that your hospital discharge goes as smoothly as possible we request that you do the following **before** you come into hospital:

Check list	Yes	No
	Tick	
Dressing gown and slippers.		
Loose comfortable clothing.		
You have at least a month's supply of your usual medications at home.		
You have a supply of painkillers at home. We would suggest paracetamol and ibuprofen if you can tolerate them.		
A supply of non-perishable foods and freezer meals ready for your return home if necessary.		
Organise your transport to hospital on your day of admission, and have someone available to take you home after your stay in hospital.		
If you normally have family or carers to look after you, please ensure they will be available for your discharge home.		
Bring your usual medication into hospital. This will be returned to you prior to your discharge home.		

**Property disclaimer:** "The Trust does not accept any liability or responsibility whatsoever for the loss, theft or damage of a patient's personal property whilst they are being cared for in the hospital or at any of the Trust's sites, **unless** such personal property has been accepted by the Trust for safekeeping in accordance with its Property Policy. Personal property which is not kept safe by the Trust in accordance with its Property Policy will at all times remain the sole responsibility of the patient. The Trust **strongly advises patients do not** bring any personal property which they do not immediately require to hospital".

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656 / 826319.