

RUH

Information for Patients

Day Surgery: if you need a general anaesthetic



United in Excellence





RUH

Welcome to the Day Surgery Unit at the Royal United Hospital. We hope you will be happy and comfortable during your visit to the Unit and that this booklet will help plan your stay.

Our aim is to provide the best possible care and to ensure that your stay with us runs smoothly. The staff are here to help you and if you require assistance please ask.

Preparing for your Admission

The Unit is open Monday to Friday, 7.30am to 8pm and is a mixed sex ward.

If you develop a cold, sore throat or illness prior to admission, such as diarrhoea or vomiting, please contact the Unit as soon as possible on 01225 824411. If you are not prepared for your surgery your procedure may have to be cancelled.

If you are on the contraceptive pill or warfarin, please contact the preadmission clinic on 01225 821278 or 825818 if you are unsure when to stop taking them.

If you are booked to come in at 7.30am do **NOT** eat anything after 12 midnight before admission. Only drink small amounts of clear fluids until 6am. If you are booked to come in at 12 noon you may have a light breakfast before 7am. Do **NOT** eat anything after this time and only drink small amounts of clear fluids until 10.20am.

United in Excellence



For all admissions:

- Do not have drinks containing milk or fresh fruit juice
- No chewing gum or sweets
- Do not smoke on the day of your operation
- Take all medicines as usual with small sips of water (except tablets for diabetes).

In order to have a General Anaesthetic the stomach must be empty. This information is for your own safety.

You are welcome to have a companion stay with you during your time at the Day Surgery Unit if you wish. If you have dependant children, please make alternative arrangements to have them cared for, so you do not bring them to the Unit. If you have pets that may need looking after during the day, please make arrangements for this so that you do not need to worry.

Arrange for a responsible adult to collect you (hospital transport can only be provided by prior arrangement with your GP).

On Arrival at the Hospital

The Day Surgery Unit is located on the First Floor of RUH Central. There is a lift available.

On arrival please report to the main reception desk. This desk will be staffed at all times; you should bring with you the letter detailing what procedure you will be having.

All patients are brought into the Unit at the same time in order that the Anaesthetists and Surgeons can meet and assess the patients before their procedures.

You may be asked the same questions several times but this is for your own safety. You will then be shown to your bed area





where your nurse will discuss your stay, give you relevant information and answer any questions you may have. Once you have been allocated a space, your nurse will be able to give you an approximate time for your operation.

Operating times are 8.30am – 12.30pm and 1.15pm – 5.15pm

It is not possible to predict how long you will be in the day surgery unit; your stay will be dependent on your procedure and your position on the operation list. **Your patience is appreciated.**

You will meet the anaesthetist and surgeon, if you have not already done so and be asked to sign a consent form. You will need to change into a theatre gown. Please bring in a suitable bag to put your clothes in. You may be required to walk to theatre so please ensure you bring in some slippers. It will then be necessary for you to wait until it is time for your operation, at which point your nurse will accompany you to theatre. This may take some time so please bring in a book or something to occupy you. Given that the unit has quite large and open areas, please do not bring anything that will be loud or obtrusive to your neighbours in the ward.

Facilities in the Day Surgery Unit

The Day Surgery Unit provides a comfortable area for you to wait in. Some of the facilities available to you before and after your operation include:

- A television in reception area for use while you wait
- Complimentary biscuits and sandwiches for patients after their surgery.

United in Excellence





Please note that there is a café and Friends of the RUH shop in the Atrium, situated at the Main Entrance to the hospital, as well as a cash machine which does not charge for withdrawals. The Landsdown restaurant is situated in RUH Central and is open daily 7.30am - 2.30pm and 5.00pm - 8.00pm.

What to expect after your Operation

You will wake up in the Recovery Ward and a nurse will accompany you back to your bed area.

After a short rest you will be offered light refreshments, after which you will be able to get dressed ready for discharge home.

You will be given some written information about what you should and should not do.

You will also be given guidance on your recovery time, any medicines that the doctor has prescribed, and a letter for you to give to your General Practitioner or Dentist. A sick note will also be provided on request.

If you need to come back to the hospital for any follow-up appointments they will be made before you leave, or arrangements made to send them to you at home.

24 Hours following your Operation

You will have had a General anaesthetic and this means you need to be careful for the period following your operation whilst your body gets properly back to normal. For this reason:

You must have a responsible adult with you at all times for a 24-hour period and you must not be responsible for caring for others during this period.





- Do not operate machinery or do anything requiring skill or judgement including cooking, using a kettle, mowing the lawn and so on
- Do not drink alcohol or take sleeping tablets during the 24 hours after your anaesthetic
- Drink plenty of fluids and eat a light diet for between 24 and 48 hours after your anaesthetic
- Do not make important decisions or sign important documents
- Observe any other precautions the surgeon or anaesthetist may advise.

Before coming into hospital you should:

- Bath or shower
- Remove all makeup, jewellery, piercing, perfume, talc, false nails and nail polish
- Make sure you leave anything valuable at home.

Remember to bring:

- A blank cheque (not cash) to pay for any take home medicines or proof of exemption
- Any tablets/medicines/inhalers you are currently using or an up to date prescription list
- Dressing gown and slippers, as you may have to walk to theatre
- Loose fitting trousers if you are having a leg operation
- Something to occupy yourself such as a book or magazine to read.

United in Excellence





Healthy Hospitals Project

**Improving health at the
heart of the community**

NHS Bath and North East Somerset are working together with the Royal United Hospital to create a referral system that encourages patients to think about their health.

If you are interested in making a positive step then be sure you make the most of this opportunity and ask your nurse about being referred.

The Healthy Hospital Project

The Healthy Hospital Project aims to look at individual's lifestyles and how overall health may be improved by making some small changes to the way we live our lives.

During your recent time in hospital you should have been encouraged by a member of staff to look at your lifestyle and see if there is anything you can do to make a positive change. We don't expect you to do this alone and so we have put together a whole programme of services which may help you.

If you choose to be referred to the Healthy Hospital Project your details will be sent to the Lifestyle team at NHS Bath and North East Somerset. A trained health professional will then contact you with regards to the particular health issue you are being referred for. Your information will also be used for monitoring purposes to enable us to record the number of people being referred and to monitor how many people take up a particular service. If you consent to this project we will also need to contact you via telephone to ascertain service user satisfaction.

Your personal details will only be used by the NHS for referral and monitoring purposes. Information will not be disclosed to any other organisation without your consent.

What services can I be referred to?

The Healthy Hospital Project looks at the following health risks:

- Smoking
- Unhealthy eating
- Physical inactivity
- Harmful drinking.

The project aims to reduce some of these risks by referring patients who would like some help to the most appropriate service.

You can therefore be referred to a number of appropriate lifestyle services and what's more, we will make sure that we refer you to your most local service, making it convenient for you. Your nurse will discuss these options with you and prioritise the service that is going to benefit your health the most.

United in Excellence



How does the referral process work?

Referral will be a really quick process and should take place after a brief chat with one of the nursing team. A member of the nursing staff will ask if you would like to be referred for one or more of the following lifestyle services:

- Local Stop Smoking service
- Healthy eating programme
- Physical activity programme
- Sensible drinking support.

You will then be asked to give your consent and a referral will be made to NHS Bath and North East Somerset. You will be contacted by a health professional from the Lifestyle service. This will usually happen within 1 week of your referral being received.

Once contacted, the health professional will talk you through all of your options and will make sure that you are receiving support for any health behaviour you would like to change.



Useful Contact Information

Stop Smoking - Local Stop Smoking Services

B&NES: 01225 831852
Wiltshire: 01380 733891
Somerset: 0844 568 9840



Healthy Eating

Ask your GP about healthy eating & weight loss programmes in your local area.

Physical Activity

B&NES Sport & Active Leisure Team: Phone: 01225 396429
Visit: www.bathnes.gov.uk
Somerset Community Activity & Lifestyle Team: Phone: 01934 462462
Visit: www.southsomerset.gov.uk
Wiltshire: Ask your GP about physical activity programmes within your local area.

Sensible Drinking

BADAS (Bath Area Drugs Advisory Service)
B&NES office: 01225 469479
Wiltshire Office: 01373 824060
Somerset: Ask your GP about alcohol services within your local area.

United in Excellence

If you have any concerns about your surgery and need immediate help or advice

- Advice about your wound: GP Surgery, NHS walk-in centre
- Advice about pain killers: Visit your local Pharmacist
- General health enquiries: Ring NHS Direct on 0845 4647 (24 hours) or visit www.nhsdirect.nhs.uk
- Problems related to surgery: Make an appointment with your GP
- Urgent or severe problems: Call your GP or go to your local Emergency Department.

Leaflet produced by: Day Surgery Unit in conjunction with the Healthy Hospitals Project, NHS Bath and North East Somerset Royal United Hospital Bath NHS Trust
Combe Park
Bath
BA1 3NG

Phone: 01225 824411/824811
Fax: 01225 824844

Larger print copies and translations can be made available on request.

Date of publication: December 2009
Ref: RUH SUR/001
© Royal United Hospital Bath NHS Trust

United in Excellence