



Day of Surgery

Coming to the Western General Hospital for an Operation

Patient Information

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Introduction

There may be lots of things to think about when you are asked to come to hospital for an operation. This booklet gives you **clear information about the practical steps you need to take.**

It is very important that you follow the fasting instructions on Page 4. **If you do not do this, your operation may be cancelled.**

Keeping in Touch

Please tell the hospital if there are any **changes to your health or your medication.**

You **must let the hospital know if you are not able to come for your operation.** This may allow someone else to use your slot and keeps waiting times to a minimum.

You can contact the Western General Hospital on **0131 537 1512.**

If you have any questions about the information in this booklet please ask your pre-assessment nurse, or contact the Western General Hospital on **0131 537 1512.**

Where to Come



Your operation is on (insert date)



At the Western General Hospital

On the day of your operation please come to:



Day of Surgery Admissions / Day Bed Suite (delete as required)



At..... (insert time)

Anne Ferguson Building

Both **Day of Surgery Admissions** and **Day Bed Suite** are located on the **ground floor of the Anne Ferguson Building**. This is best accessed from the Crewe Road South entrance. There is a drop off point immediately outside the main entrance.

Directions and information about public transport and parking are available on the NHS Lothian website.



Search: **'Western General Hospital'**

Eating and Drinking

If there is food or liquid in your stomach during your anaesthetic, it could come up into your throat and lungs and endanger your life.



0700

If you are asked to **arrive at 7:00am:**

- ▶ **Do not eat any food after midnight**
- ▶ **You may drink water or clear fluids up until 06:30am**
- ▶ Do not chew gum or suck sweets



1100

If you have been asked to **arrive at 11:00am:**

- ▶ You are **allowed a light breakfast** - black tea or coffee and one slice of toast only
- ▶ **Do not eat any food after 7:00am**
- ▶ **You may drink water or clear fluids up until 10:30am**
- ▶ Do not chew gum or suck sweets

What are 'Clear Fluids'?

Clear fluids include:

- ✓ Water
- ✓ Diluting juice
- ✓ Black tea (no milk)
- ✓ Black coffee (no milk)
- ✓ Pre-op carbohydrate drinks

You must **not drink:**

- ✗ Drinks containing milk
- ✗ Fresh fruit juice
- ✗ Fizzy drinks or juice

It is **very important that you follow these instructions**. If you do not, **your operation may be cancelled**. If you have any questions, please ask your nurse at your pre-assessment appointment.

Medication

At your pre-assessment appointment your nurse will make a list of your current medication. They will give you clear instructions about which medicines to stop taking and when to do this.

Medicine Instructions

On the morning of your surgery you should **take your regular medicines** unless told not to by a doctor or nurse. Take tablets or pills with a small sip of water.

Please **stop** the following medicines on the date shown below:

Medicine	Date to Stop
.....
.....
.....

Please **do not** take the following medicines on the **morning of your operation**:

.....

.....

.....

On the day of your operation, please bring all your medications into hospital with you. They must be in their original containers.

Preparation

- ☐ Arrange for someone to bring or accompany you to the hospital.
 - ▶ Relatives, friends or carers are welcome to drop you off. Unfortunately, due to a lack of space, they cannot stay with you.
- ☐ You will be more tired than normal after your operation. Make arrangements to help with your responsibilities at home:
 - ▶ Children and pets – ask friends and family if they can help
 - ▶ Elderly relatives – if friends and family cannot help, contact your local council and your local carer service (www.carers.org)
 - ▶ Food - could someone help prepare meals or help with shopping after your surgery?
- ☐ Have a bath or shower on the morning of your operation
- ☐ Remove makeup or nail varnish from your finger nails
- ☐ Remove all jewellery, with the exception of a wedding ring

What to Bring

- ☐ All your medications - including tablets, ointments, injections, inhalers and eyedrops, in their original packaging or containers
- ☐ Clean dressing gown, slippers, socks and nightwear
- ☐ Glasses and a hearing aid, with a spare battery, if you use them
- ☐ Comfortable clothes and footwear for moving around the ward
- ☐ Toilet bag and basic toiletries
- ☐ Something to relax and pass the time - a book, magazine, something else to read or music with headphones

Please bring minimal personal belongings. NHS Lothian will not accept any responsibility for property unless it is handed to the ward or department for safe keeping.

On the Day

When you arrive, the nursing staff will check you in. They will take some basic measurements, give you a gown to get changed into and attach some identify bands to your wrists or ankles.

Surgeon

It is likely that you have already met your surgeon at a clinic appointment where they will have explained the operation to you. You will meet your surgeon again on the morning of the operation. They will give you the opportunity to ask any questions. They will also go over the consent form with you, confirming that you understand the procedure and are happy to go ahead. You may withdraw your consent at any time.



Anaesthetist

You will meet your anaesthetist, who will ask you some questions to confirm you are fit to have an anaesthetic. They will discuss the options with you, including benefits, risks and your preferences. They will decide, along with you, which anaesthetic would be best for you, once you have had the chance to ask any questions.



Please note that **your surgery may take place at any point during the day** of your admission.

Research

NHS Lothian is committed to supporting clinical research. If you are eligible for any research studies, someone from the research team may contact you with information. If you do not wish to take part in any research, this will not affect your clinical care in any way.

More Information

More information is available on the NHS Lothian website:



Search: 'NHS Lothian Day of Surgery'

Other booklets available in this series include:

- 1 Fit for Surgery**
- 2 Having a General Anaesthetic**
- 4 Getting Going After Surgery**
- 5 Pain Relief After Abdominal Surgery**
- 6 Going Home After Surgery**

There is also an information video to accompany this leaflet. You can find the video online at <https://vimeo.com/channels/1782932/videos> or by scanning the QR code.



Tell us what you think

We welcome suggestions to improve this leaflet. If you have any comments that you would like to make, please just let us know.

This publication includes text taken from the Royal College of Anaesthetists' (RCoA) leaflet 'You and Your Anaesthetic (2020)' but the RCoA has not reviewed this as a whole.