

Preparing for Your Operation

Information for Patients



Admission via the Day Surgery Unit
Royal Infirmary of Edinburgh

Welcome to the Day Surgery Unit. The day surgery team will try to make your admission to hospital as pleasant and relaxed as possible.

Your Appointment

Please report to the day surgery unit on:

Date:

Time:

Please let your general practitioner (GP) know the date of your surgery.

Individual Instructions:

Preparing for Your Operation

If you are suffering from any of the following in the week before surgery:

- heavy cold or flu
- tooth abscess
- generally feeling unwell

Please phone the waiting list office Please phone the waiting list office using the number on your appointment letter.

Important medical information

As you will be having an anaesthetic, it is **very important** that your stomach is empty beforehand. You should follow the instructions below:

Diet and Fluids	
Please do not eat anything after:	
Please do not drink anything, including clear fluids after:	
Note: This includes sucking sweets or chewing gum.	

Try to have a light snack before going to bed.

You should omit the following medication as per the instructions below:

Medication Instructions		
Name of Drug	Date of last dose	Time of last dose

Unless instructed to omit certain medications (in above table), you should take **all** of your regular medicines in the days leading up to your surgery, including the morning of surgery (it is fine to take these with a sip of water).

Bring in all of your own medication. Please make sure that you bring them in their original containers.

Hygiene and Jewellery

Please have a bath or shower in the morning of your operation.

Do not wear any make-up or nail varnish. Do not wear jewellery (wedding rings are allowed). Please do not wear any body piercings.

Clothing

Storage space is limited, so please just bring the basics: dressing gown, slippers, nightwear and toiletries.

When you are able to wear clothes, ask your family to bring them in. Wear comfortable clothes and flat, sensible shoes to prevent unnecessary discomfort.

Valuables

We would encourage you not bring or keep any valuables whilst you are in hospital.

Mobile phones should be switched off in the hospital.

Waiting Times

You may have to wait 3 - 4 hours before the time of your operation. You might find it useful to bring something to pass the time, like a book or magazine.

Smoking

You are advised not to smoke for at least

24 hours before your operation.

Smoking is not allowed in the hospital building or in the hospital grounds.

When You Arrive at the Unit

When you arrive at Reception, one of the Nurses will meet you. They will check your details and take your blood pressure.

Your Consultant Surgeon will discuss the operation and answer your questions before you have surgery. You will be asked to confirm your consent in writing.

Your Anaesthetist will meet you and discuss your anaesthetic.

You will then wait in the waiting room/lounge until it is time to prepare for your operation. An approximate time for your operation will be given to you on admission.

Just before your operation, your Nurse will show you to the changing room so that you can change into a theatre gown. For your own comfort, you can wear your dressing gown and slippers.

A bag can be provided for your clothes. It may be advisable for your family to take your clothes

and property home. They can bring them to you when you are ready for them.

The Day Surgery Unit is a mixed sex ward with separate toilet facilities. The staff are committed to protecting your privacy at all times.

After Your Operation

The team caring for you is led by your Consultant. They are supported by a range of other doctors, nurses and healthcare professionals.

After your operation, you will wake up in the Recovery Room. You will be taken to the ward on your bed.

Visiting times will vary. The ward staff can tell you what the arrangements are.

Cancellation of Surgery

While we make every effort to avoid this where possible, there is always a risk that your operation may be cancelled at short notice. This is due to either emergency patients who require urgent surgery or other reasons which are beyond our control. We realise that this can cause distress and

inconvenience, but in the event that your surgery is postponed, you will be offered a new dates as soon as possible.

Keeping your Appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public Transport and Travel Information

Bus details available from:
Lothian Buses on **0131 555 6363** or
www.lothianbuses.co.uk

Traveline Scotland on **08712002233** or
www.travelinescotland.com

Train details available from:
National Rail Enquiries on 03457 484 950 or
www.nationalrail.co.uk

Patient Transport


Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech Impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).


Interpretation and Translation


Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.


Contact Us:

Ward 118:


 Base A: **0131 242 1171**


 Base B: **0131 242 1164**


 Base C: **0131 242 1164**

 Base D: **0131 242 1160**


Ward 107:


 Base A: **0131 242 1071**

 Base B: **0131 242 1077**

 Base C: **0131 242 1079**

Day Surgery Unit

: 01312423273

 **Visiting Times:** Visiting is from 2pm –
8pm every day