

Day Surgery Unit

Preparing for your procedure

Information for Choices Patients



Day Surgery Unit (DSU) ☎: 0131 242 3273

Choices mobile: 07765 395 887
(weekdays 8:30am-4pm)

🕒 **Visiting Times:** 2pm-8pm every day

Day Surgery Unit
Royal Infirmary of Edinburgh
51 Little France Crescent
Old Dalkeith Road
Edinburgh EH16 4SA

Welcome to the Day Surgery Unit (DSU) at the Royal Infirmary Edinburgh (RIE). The day surgery team will try to make your admission to hospital as pleasant and relaxed as possible.

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

Your appointment

You have been referred for an appointment to attend the Day Surgery Unit at the RIE by the Choices team. Please report to the day surgery unit on:

Date:

Time:

Preparing for your procedure

If you are suffering from any of the following in the week before surgery, please call **0131 242 3273**:

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

Essential arrangements

Before your procedure, you **must** arrange:

- For a responsible adult to collect you and take you home by car or taxi. **You should not drive after a general anaesthetic** and should avoid public transport.
- For a responsible adult to stay with you at home overnight.

Being collected from the Day Surgery Unit

If your procedure is in the morning: you will normally be ready to go home between 2pm and 5pm.

If your procedure is in the afternoon: you will normally be ready to go home between 5pm and 8pm.

Your personal belongings will be returned to you on your return to the ward. You will be able to use your mobile phone to arrange collection by your responsible adult.

If the person coming to collect you needs to contact DSU regarding your collection, they should contact **0131 242 3273**.

Important medical information

As you will be having a general anaesthetic, it is **very important** that your stomach is empty beforehand.

You should follow the instructions below:

Food	
Please do not eat anything after:	
Midnight if your appointment is 7:30am	6am if your appointment is 11:30am
<ul style="list-style-type: none">• This includes sucking sweets or chewing gum• Try to have a light snack before going to bed	
Drinks	
<ul style="list-style-type: none">• Keep drinking water, diluting juice, or fruit juice (without bits) until you leave your house• When you arrive at the hospital you should continue to only sip WATER until after your procedure	

You should not take the following medication as per the instructions below:

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

Unless instructed not to take certain medications (please see table above), you should take **all** of your regular medicines in the days leading up to your surgery, including the morning of surgery.

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 procedure.

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

Please bring a pair of slippers and a dressing gown with you. Wear comfortable clothes and flat, sensible shoes.

If you are staying overnight, you should bring nightwear and toiletries. We will provide towels.

Valuables

Do not bring valuables with you. We do not have the facilities to store them safely whilst you are in the Day Surgery Unit.

Smoking

You are advised not to smoke for at least 24 hours before your procedure.

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

Waiting times

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

When you arrive at the Day Surgery Unit

When you arrive at the Day Surgery Unit reception, one of the nurses will meet you. They will check your details and take your blood pressure. During your stay, this nurse will be responsible for organising your care. Their name will be on the board above your bed.

Your surgeon will discuss the procedure 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 procedure. An approximate time for your procedure will be given to you on admission.

Just before your procedure, 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 own dressing gown and slippers. A bag can be provided for your clothes.

After your procedure

Recovering after surgery

After your procedure, you will wake up in the recovery room and will be taken to the ward on your bed.

After 1 or 2 hours, you should be ready to have something to eat and drink.

Your surgeon will usually speak to you before you go home.

Going home

When you are well enough, you will be discharged from hospital. We will give written advice about your aftercare.

The staff in the Day Surgery Unit cannot let you leave unless you have someone to look after you. If you don't have someone to collect you and stay with you overnight, you will not be allowed to go home.

If you are not well enough to go home, you will stay in hospital overnight. Your nurse will inform a friend or family member of your choice, on your behalf.

If you have any questions about your care, the nursing or medical staff will be happy to help you.

When you are at home

The effects of an anaesthetic will stay in your body for longer than most people think. You may feel drowsy, and your reaction times will be slower. For 24 hours after your anaesthetic, **you should not:**

- Drive a vehicle or ride a bike
- Operate machinery, including kitchen machinery
- Drink alcohol
- Climb ladders or work at heights
- Make important decisions or sign legal documents
- Be left alone.

If you have been given antibiotics to take, please take them as advised, and ensure you complete the course.

If you have opted to start the contraceptive pill, contraceptive patch, or a self-injectable contraceptive, these should be started on the day of your procedure or the following day.

It is important that you complete any follow-up tests. Your surgeon will discuss this with you if it is necessary.

If you have any concerns about pain, bleeding, infection or otherwise, you can contact the Choices team on 07765 395 887.

Between 4.00pm-8.30am, or at weekends, the gynaecology ward should be contacted on 0131 242 2101.

Cancellation of surgery

While we make every effort to avoid this where possible, there is always a risk that your procedure 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 if your surgery is postponed, you will be offered a new date for your surgery as soon as possible.

Keeping your appointment

If you cannot keep your appointment, please call the Choices team on 07765 395 887. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Travel Information

Edinburgh and the Lothians are well-served throughout by a network of buses. Information about public transport and parking at RIE can be found at:

www.nhslothian.scot/goingtohospital/travel/



Patient Transport

Patient Transport will only be made available for you 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-hour answer service).

Interpretation and Translation

If an interpreter is required, the Choices team will arrange this before you attend the hospital. If you are having this procedure as an existing inpatient, 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.

It's OK to Ask

When you understand what's going on with your health, you can make better decisions around your care and treatment.

www.nhsinform.scot/campaigns/its-ok-to-ask/



SCAN ME