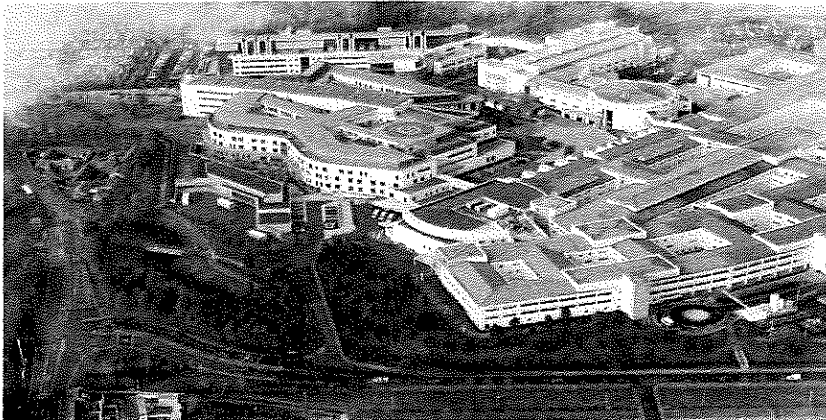




# **Preparing for Your Operation**

Information for Patients



**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 using the number on your appointment letter.

## Essential Arrangements

Before your operation, 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

**If your operation is in the morning:** you will normally be ready to home between 2pm and 5pm. The person coming to collect you should contact us

on: **01312423273** between 12pm and 1pm to find out when they should collect you.

**If your operation is in the afternoon:** you will normally be ready to go home between 5pm and 8pm. The person coming to collect you should contact us on: **01312423273** between 4:30pm and 6pm to find out when they should collect you.

**\*\*\*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:

| <b>Diet and Fluids</b>   |  |
|--|--|
| <b>Please do not eat anything after:</b>                           |  |
| <b>Please do not drink anything, including clear fluids after:</b> |  |
| 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:**

| <b>Medication Instructions</b> |                          |                          |
|--------------------------------|--------------------------|--------------------------|
| <b>Name of Drug</b>            | <b>Date of last dose</b> | <b>Time of last dose</b> |
|                                |                          |                          |
|                                |                          |                          |
|                                |                          |                          |
|                                |                          |                          |

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**

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.

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. 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 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.

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

### Recovering After Surgery

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

After one or two hours, you should be ready to have something to eat and drink.

Your Surgeon will usually see you before you go home.

## Going Home

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

You will be given a letter to hand to your GP's surgery. It should be delivered the day after your operation.

The staff in Day Surgery 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 tell your family.

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

## 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 date 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](http://www.lothianbuses.co.uk)

Traveline Scotland on **08712002233** or  
[www.travelinescotland.com](http://www.travelinescotland.com)

Train details available from:  
National Rail Enquiries on **03457 484 950** or  
[www.nationalrail.co.uk](http://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.

### Day Surgery Unit

: 0131 242 3273

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