



# **Admission Information: Day of Surgery**

## **Information for Patients**

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**Orthopaedic Unit**  
**Royal Infirmary of Edinburgh**

## **Welcome to the orthopaedic wards**

You are coming in to the hospital for your orthopaedic operation, usually after being at the Pre-Admission Clinic (PAC) at the entrance to Ward 109. Provisional arrangements have been made for you to be admitted to the Orthopaedic Admission Unit (OAU)

**at .....**

**on .....**

## **How to find us**

A lift is available to the OAU from the main corridor entrance across from OPD6. Take the lift to the first floor and exit sharp right opposite Ward 108. Continue along the corridor to the entrance of Ward 109 where you will find the OAU. It is in the same place as the PAC.

## **Coming in to hospital**

### **Clothing**

When you come to the OAU, please only bring the following items with you:

- Toiletries
- One set of nightclothes
- Slippers
- Your medication.

You should leave a bag packed with the other clothes you will need, and ask a relative or friend to bring them in for you after your surgery.

### **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 on: **0131 242 3434** for advice.

You will be prepared for, and taken to surgery from the OAU. Following surgery, you will be transferred on a bed to one of the elective wards (220/209),

which are on the second floor above the OAU or ward 120 on first floor.

When you arrive in the OAU, you will be asked to wait in a small sitting area allocated to patients coming in for surgery. You will usually be seen by a surgeon, an anaesthetic doctor, and a nurse shortly after your arrival. When it is time for you to get ready for theatre, you will be moved to the preparation room (male or female). We suggest you bring a book or magazine with you in case there is a slight delay before you are called.

### **\*\*\*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:**

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).

### **Medication**

Please bring your current medications with you in their original containers. Medication will be stored in a lockable part of your bedside locker and given to you as prescribed.

Please bring a week's supply of your own medication, in their boxes as supplied by your own pharmacy, in the Green Bag given to you at the PAC.

## **Hygiene**

Please take a bath or shower in the morning before coming to the OAU, but do not use talcum powder, deodorant or make-up/perfume. You should remove all nail varnish (fingers and toes).

## **Valuables**

If possible, please do not bring anything of value in with you such as jewellery / credit cards / cash, as we do not have facilities for safeguarding your property whilst in hospital. NHS Lothian cannot be held responsible for valuables that are not handed in for safe-keeping.

## **Advice for relatives**

For infection control reasons, please use the alcohol gel provided when entering and leaving the ward. If you are accompanying your relative to hospital you will be asked to leave after you have brought them to the OAU. **Please don't visit if you are feeling unwell.**

## **Dietary needs**

During your stay with us you will be given a food menu to fill out. Meals are served on to ward at 8am, 12 noon and 5pm.

Due to food hygiene regulations, home-made food should not be brought in. Please check with the Nurse in Charge if pre-packaged food, such as sandwiches are allowed.

Please note that after your operation, food may not taste as palatable or enjoyable as usual. However it should not take too long before regain your normal appetite and enjoyment of food.

## **Staff uniforms**

Most staff uniforms have recently been upgraded to a more modern slip-over fashion.

**Charge Nurse:** dark navy blue uniform top, navy blue trousers

**Deputy Charge Nurse:** sky blue uniform top, navy blue trousers

**Staff Nurse:** sky blue uniform top, navy blue trousers

**Trainee Clinical Support Worker,  
Physiotherapist Assistants and Occupational  
Assistants:** light blue uniform top, dark blue  
trousers.

You may see many other staff members around the hospital with or without uniform. These include:

**Student Nurses:** grey uniform, navy blue trousers

**Physiotherapists, Occupational Therapists and  
Radiographers:** turquoise uniform, navy blue  
trousers

**Pharmacy Technician:** white coat

All staff members, whether in uniform or not, should have a hospital identification card clearly displayed.

If you are not sure who is speaking to you, ask to see their I.D badge!

## **Hospital car parking facilities**

Car parking at the hospital is provided by a company called Meteor. Parking costs vary from £1.40 for 1 hour to £7 for 6-24 hours.

The hospital is served by good public transport links to and from the city centre and surrounding areas. There is a Park'n'Ride terminal just off the City

Bypass near the Sherriffhall Roundabout.  
Timetables are available in the main mall for all the local buses.

## **Moving to another ward**

If the unit is exceptionally busy, we may have to move you to another ward within the hospital. This is unlikely to happen, but should it be necessary we would appreciate your co-operation. We would make sure you are returned to your home ward as quickly as possible.

## **Discharge home and transport**

Your proposed discharge date is

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Before your discharge, we will return your own medications, and give you a copy of your discharge plan. Your GP will also be informed of your discharge from hospital.

There is very limited hospital transport available for discharge home, therefore it would be extremely helpful if you could arrange your own transport.

Please discuss this with your relatives or friends before admission.

On your day of discharge you may be asked to wait in the discharge lounge.

### **More Information:**

☎ Arthroplasty Adviseline: **0131 536 3724**

✉ Or visit:

<http://www.nhslothian.scot.nhs.uk/ourservices/ortho/ortho.asp>

### **Comments, compliments and suggestions**

If you have any comments or concerns about any aspect of your care while in the orthopaedic unit, please speak to the Nurse in Charge.

### **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](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.

## **Contact Us:**

 Pre-Admission/Orthopaedic Admission Unit:  
**0131 242 3460**

### **Ward 120**

 Base A: **0131 242 2124**

 Base B: **0131 242 2120**

### **Ward 220**

 Base A: **0131 242 2130**

 Base B: **0131 242 2098**

### **Ward 209**

 Base A: **0131 242 2091**

 Base B: **0131 242 2097**

Please note: that it is not possible to speak to inpatients on these numbers

 Waiting List Office: **0131 242 3437**

 Ward Visiting Times: **This ward has open visiting**

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