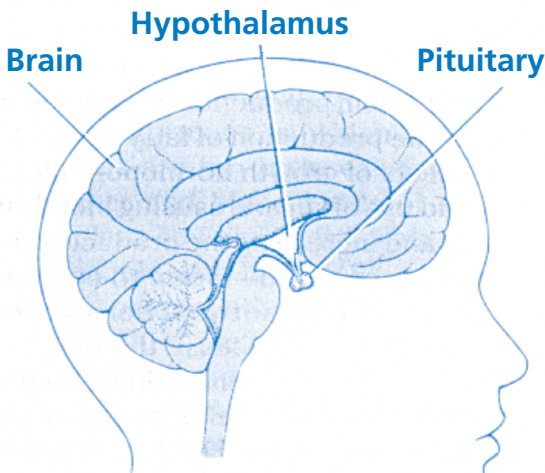


Endocrine Programmed Investigation Unit Pre-operative assessment for Pituitary Surgery

Information for patients



Please keep this leaflet safe as it tells you when to have check-ups, explains what to do if you have any concerns and allows you to keep a record of your progress.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

If we don't ask these questions, then please ask us to check.

Ensuring your safety is our primary concern.

Welcome to the Endocrinology Programmed Investigation Unit (PIU). You have been invited to the PIU for your pre-operative assessment, which is a vital part of preparing for your surgery. It helps us to ensure that you get the right care at the right time.

The aims of your pre-operative assessment are to:

- Discuss with you your planned treatment and provide you with written information
- Ensure you understand the surgery and have the support you need
- Check whether you are in the best possible condition for surgery
- Explain to you the risks and benefits of the pituitary surgery
- Identify problems prior to surgery, preventing delays or cancellations.

When will I have my pre-operative assessment?

Once a decision has been made that your condition requires surgery, you will be contacted by the neuro-admissions team who will arrange with you a pre-assessment date convenient to you. You will be sent confirmation of your appointment which will be four to six weeks before you are due to come in to King's for your surgery. We run our pre-assessment clinic on Mondays only, between 10am and 2pm, this is to ensure that you can see the anaesthetist at the same visit.

You will be seen by an endocrine nurse specialist who will be your key worker. The nurse will be your point of contact and will also support you in your management along your care pathway. In the absence of your identified keyworker the other endocrine specialist nurse will be available for queries or advice. The keyworker will be your point of contact and will also support you in your management along your care pathway.

Please write down any questions you may have so you do not forget to ask them. Feel free to ask them during your pre-operative assessment because this will help to reduce any anxiety you may be feeling.

If you cannot come to your appointment please let us know beforehand by contacting the admissions office on 020 3299 9000 ext. 8738/1807/8855 or PIU so alternative date can be arranged.

What should I bring to my appointment?

- Any medications you take or a copy of your repeat prescription
- A list of any allergies you may have
- Details of your medical or surgical history if possible
- Any recent local blood results (The results of any blood tests done by your GP/local hospital or MRI reports), e.g. prolactin measurement you have been asked to provide.

Your pre-operative assessment will take about 2-3 hours to complete, you may bring a snack to help pass the time. There are also good catering facilities at Kings College Hospital. Please note King's has a no-smoking policy.

What happens during the appointment?

The endocrine nurse specialist will initially take your current Height and Weight, Vital signs (blood pressure, pulse rate, respiratory rate, temperature, Oxygen saturations to room air), Routine Bloods, MRSA swabs, ECG. She will also explain about your hospital stay. You will also be seen by an Endocrine doctor who will take your neurological and past medical history and check your vision. There will be a Pituitary Care Pathway forms that will be filled in for you to guide the nursing/medical staffs from your admission to discharge.

During your assessment the Consultant anaesthetist will see you (appointment for this will be sent to you prior to your appointment). You will also be required to visit other departments for further tests. This assessment is to ascertain you are ready for surgery and to discuss the benefits and risks prior of surgery.

Although sometimes conditions need to be stabilised before surgery, it is exceptionally unusual for surgery to be declined.

Will I have any other tests?

If you are over 60 and/or the doctor thinks it is necessary, they will arrange for you to have an ECG, an echocardiogram (Echo) and a chest x-ray. We will also test you for MRSA. Your MRSA result is valid for only four weeks, so in the unlikely event your surgery is delayed we may ask you to be tested again, either at King's or by your GP or local hospital.

Special transport needs

If you have problems arranging transport, please contact The Patient Transport Assessment Centre on 020 7188 3888 for advice from 9am to 6pm Monday-Friday.

If you need an interpreter you are advised to bring a friend or relative; we may also use language line which is a telephone interpreting service.

What happens after my pre-operative assessment?

Once your doctor have decided you are ready for surgery you will be offered a date for the operation. If further tests or other specialist opinions are needed, your operation may be delayed for no more than three months.

Please stay in contact with your key worker who will be able to keep you up to date and give you any information you may need.

How soon will I have surgery after my assessment?

Your surgery will be carried out as soon as possible and normally within four weeks of the pre-assessment.

We may have to delay your surgery in exceptional circumstances. If this happens we will keep you informed and arrange another date as soon as possible.

Special Medication Instructions:

Warfarin: stop five days prior to surgery to prevent bleeding

Aspirin: stop 10 days prior to surgery to prevent bleeding

Clopidogrel: stop 10 days prior to surgery to prevent bleeding

Oral contraceptive (the pill): stop four weeks prior surgery to prevent increased risk of developing blood clots

Testosterone replacement therapy: stop two weeks prior to surgery to prevent increased risk of developing blood clots

Admission day for surgery:

Your admission date is usually a day before your surgery date. You will receive a call from the neuro-bed manager in the mid-afternoon on the day of admission to be informed which ward to come to. This will either be in Murray Falconer Ward or Kinnier Wilson Ward situated in Ruskin Wing. In some cases, you will be more suitable to be admitted in the morning on the day of surgery to Neuroscience Admission Lounge (NAL), situated in 2nd floor Ruskin Wing. Please ensure you have starved from 12 midnight before surgery.

On your arrival please report to reception. Please be patient as you may be asked to wait in the day room until your bed is ready.

If you have any questions about your surgery, please call the Endocrine PIU on 020 3299 3034 9am – 4pm, Monday to Friday. Out of hours you may also leave a message and one of our practitioners will return your call.

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Care provided by students

King's is a teaching hospital where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road – staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.palsdh@nhs.net**

If you would like the information in this leaflet in a different format or language please contact PALS on 020 3299 3601.