

Pre-Assessment Date:
Nurse:
Telephone:



Pre-operative guidance and preparing for your surgery

Please read this information leaflet carefully and follow the advice given so you are fully prepared for your operation.

Medication

Please take all your regular morning medication with a small amount of water before leaving home. The Pre-assessment Nursing staff will have advised you of any medication you **should not take** and this will be documented in the table below.

You are advised to purchase pain relief medication before admission (e.g. paracetamol, ibuprofen), as the hospital will not supply any on discharge.

Please bring with you: (*✓ tick when complete*)

- all medication (plus inhalers) in the original packaging
- your admission letter

Drug name	Stop drug

Additional advice (Anti-coag/Hibiscrub/G&S)

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Fasting instructions

We encourage you to eat and drink before your operation, **until the times stated below**, as this will keep you hydrated, reduce the chance of sickness, and make you feel better after your operation.

Morning surgery	<ul style="list-style-type: none"> • You may eat and drink freely until 2am. • Do not eat food after 2am (do not suck sweets or chew gum). • You may drink until 6.30am, clear, sugary drinks such as Ribena or clear apple juice, black tea and black coffee. Milk or fizzy drinks are not permitted. • You can continue drinking water until 7.30am (max 150mls). • If you are a person with diabetes please only drink water.
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Afternoon surgery	<ul style="list-style-type: none"> • You may eat and drink freely until 7am. • Do not eat food after 7am and do not suck sweets or chew gum. • You may drink until 11.30am clear, sugary drinks such as Ribena or clear apple juice, black tea and black coffee are also allowed. Milk or fizzy drinks are not permitted. • You can continue drinking water until 12.30pm (max 150mls). • If you are a person with diabetes please only drink water.
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Before coming into hospital, please do not:

- x chew gum for 2hrs before your surgery
- x drink alcohol for 24hrs before your surgery
- x smoke on the day of your operation – please reduce consumption if this is not possible
- x use makeup, aerosol deodorant or hair products including mousse, gel or hairspray

Day before admission checklist (*✓ tick when complete*)

- Bath or shower and wash your hair prior to admission. Please pay attention to your umbilicus (belly button) especially if listed for abdominal (tummy) surgery.
- Remove jewellery including **all** body piercing.
- Remove nail varnish and false nails.
- Pack a dressing gown and slippers or suitable footwear as we walk you to theatre where possible.
- Day surgery** patients must be escorted home by a responsible adult (**not** by public transport) and cared for 24hrs after surgery. Please ensure this has been arranged.

On admission checklist (*✓ tick when complete*)

- Wear comfortable loose clothing on admission, which is also appropriate to return home in.
- 100% cotton underwear may be worn under your theatre gown if appropriate to the planned surgery.
- If sanitary protection is required, please use only external pads or towels (don't use tampons or menstrual cups).
- Day surgery** patients may wish to freshen up before discharge and can bring toiletry items.
- Inpatients** need to bring nightwear, toiletries and medication. Please do not bring valuable items and only bring small change if required.

Following surgery, please avoid drinking alcohol, driving, operating machinery or signing any legal documents for at least 48hrs after anaesthetic.