

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 surgery.

Please contact the Surgical Pre-assessment Team on 020 3299 3025 or via our email [kch-tr.preassessmentadmin@nhs.net](mailto:kch-tr.preassessmentadmin@nhs.net) if you have any queries or, importantly, if you:

- are prescribed new or updated medicine
- are referred for tests or to see a specialist
- are diagnosed with a new health condition
- are admitted to hospital after your pre-assessment appointment but before your surgery
- develop any cuts, abrasions, open wounds, ulcers, infected insect bites, cellulitis

Please include your hospital number in all emails and phone messages.

### Medicine

Please take your regular morning medicine. The Pre-assessment Nursing staff will advise you of any medicine you should not take and this information will be available in your After Visit Summary.

Please buy pain relief medicine (for example, paracetamol or ibuprofen) before admission, as the hospital will not supply this on discharge.

Please bring with you (✓ tick when complete):

- all your medicine (including inhalers) in the original packaging – this includes those prescribed to you, purchased online or over the counter
- insulin pens if you take insulin
- your CPAP (continuous positive airway pressure) machine if one has been prescribed to you
- your admission letter
- colostomy bags, catheters, and/or incontinence pads if you need them

### Fasting instructions

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

Morning surgery	<ul style="list-style-type: none"><li>• You may eat and drink freely until 2am.</li><li>• Do not eat food after 2am (including sweets or chewing gum).</li><li>• After 2am, you can drink the following until 6:30am: water (preferred option), diluted squash, tea or coffee with up to 3 tablespoons or 50ml of milk.</li><li>• Fizzy drinks are not permitted.</li><li>• If you have diabetes please only drink water after you stop eating at the times outlined above. If your blood sugars drop after you stop eating, please have a small drink of squash, fruit juice such</li></ul>
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	<p>as clear apple juice without pulp or a cup of boiled water mixed with 1 teaspoon of sugar (allow to cool).</p> <ul style="list-style-type: none"> <li>• You can continue to sip water until you go to theatre for surgery.</li> </ul>
Afternoon surgery	<ul style="list-style-type: none"> <li>• You may eat and drink freely until 7am.</li> <li>• Do not eat food after 7am (including sweets or chewing gum).</li> <li>• After 7am, you can drink the following until 11:30am: water (preferred option), diluted squash, tea or coffee with up to 3 tablespoons or 50ml of milk.</li> <li>• Fizzy drinks are not permitted.</li> <li>• If have diabetes please only drink water after you stop eating at the times outlined above. If your blood sugars drop after you stop eating, please have a small drink of squash, fruit juice such as clear apple juice without pulp or a cup of boiled water mixed with 1 teaspoon of sugar (allow to cool).</li> <li>• You can continue to sip water until you go to theatre for surgery.</li> </ul>

**Before coming into hospital, please do not:**

- x drink alcohol for 24 hours before your surgery
- x smoke for 24 hours before surgery – if this is not possible, please reduce smoking
- x use aerosol deodorant or hair products including mousse, gel, hairspray or make up

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

- Bath or shower and wash your hair before admission. Please clean your belly button, especially if listed for abdominal (tummy) surgery.
- Please do not shave the area where surgery will take place.
- Remove all jewellery, including wedding rings and body piercings.
- Remove false eyelashes.
- Remove nail varnish and false nails.
- Remove hair extensions secured by metal clips and any other external metal items.
- High buns or thick braids should be moved from the back of the head if they prevent your neck from extending fully when it's resting on a pillow. Please choose a style that leaves the back of your head smooth and without a thick cushion of hair as this will help with your anaesthetic.
- Pack a dressing gown and slippers or suitable footwear as we walk you to theatre if possible.
- Bring something warm to wear while waiting for your procedure. Hospital environments are not always as warm as you might expect. Becoming cold before surgery can increase complications.
- Bring your glasses or contact lenses and case if you wear them.
- If sanitary protection is needed, please use external pads or towels and bring a supply with you.
- Inpatients need to bring nightwear, toiletries and medicine. Please bring small change only if needed and do not bring valuable items.
- Day surgery patients may wish to freshen up before discharge and can bring toiletries.
- Day surgery patients must be escorted home by a responsible adult (not on public transport) and cared for 24 hours after surgery. Please ensure this has been arranged. Your surgery or procedure may be cancelled if you do not have a responsible adult to look after you.

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

- Wear comfortable loose clothing which you can also return home in.

- 100% cotton underwear may be worn under your theatre gown if appropriate to the planned surgery.
- Keep warm before having your procedure to reduce the risk of surgical site infection (NICE guidelines, 2013). Let the nursing staff know if you are cold.

### **When you get home**

You may feel tired, so only do as much as you can. Please follow the advice we give you about taking your prescribed medicine, including painkillers.

If you have had a general anaesthetic:

- do not use machinery or drive a car for the first 48 hours
- drink plenty of fluids and eat light meals but do not drink any alcohol for at least 24 hours
- do not make any important decisions or sign any contracts for at least 24 hours

If you have had a local anaesthetic:

- we will advise you when it is safe to drive a car or use machinery and when it is safe to start drinking alcohol
- drink plenty of fluids and eat light meals

### **MyChart**

Our MyChart app lets you securely access parts of your health record with us, giving you more control over your care. To find out more visit [www.kch.nhs.uk/mychart](http://www.kch.nhs.uk/mychart) or scan the QR code.



### **How will MyChart benefit me?**

With MyChart you can

- find test results, letters and future appointments in one, easy place
- get more from your appointments by telling us what we need to know beforehand via a pre-assessment questionnaire

### **Preparing your mind before surgery**

Having surgery is a major event in your life and you may feel anxious about it. However, there is much you can do to help yourself while you wait for your surgery.

Managing your anxiety, encouraging positive thinking and developing your coping skills may have a positive effect on your recovery and outcome from the surgery.

The Royal College of Anaesthetists (RCoA), in partnership with the British Society of Clinical and Academic Hypnosis (BSCAH), has produced a series of recordings which you may find useful to help you relax before surgery and to develop a positive mindset about your procedure and recovery.

To access these resources, visit the link below or scan the QR code:

[Preparing your mind before surgery | The Royal College of Anaesthetists](#)



### **Further information about preparing for surgery**

The Royal College of Anaesthetists website also provides information about what anaesthesia is, how to get ready for surgery and what to expect while you recover. The website has information available in a range of languages as well as easy read and BSL leaflets.

To access these resources, visit the link below or scan the QR code:

[For patients | The Royal College of Anaesthetists \(rcoa.ac.uk\)](https://www.rcoa.ac.uk).



### **How do I access a resource using a QR code (if you have a printed version of the leaflet)?**

Open the built-in camera app on your mobile device. Point the camera at the QR code. Tap the banner that appears on your phone or tablet to load the resource.

### **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. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: [kings.pals@nhs.net](mailto:kings.pals@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [kings.access@nhs.net](mailto:kings.access@nhs.net)**