NHS
Calderdale and Huddersfield
NHS Foundation Trust

Day Surgery Unit
Huddersfield Royal Infirmary

Patient Details

Consultant: _____

Procedure Date: _____

Procedure Name: _____

☐ Morning list - 7.00 am. (Not before please)

☐ Afternoon list - 12.00 pm

You must contact the Pre-Operative Assessment Unit on:
HRI 01484 355728 or CRH 01422 223981 if you: Develop a cough or a cold, vomiting or diarrhoea or any skin or wound infections in the week prior to your surgery.

Failure to do so may result in your surgery being cancelled on the day.

For appointment enquiries only please contact:
Day Surgery Unit: 01484 34211

Please stop taking:

Medication _____

On _____

compassionate care

Before your procedure

It is important for your own safety that you have an empty stomach prior to your procedure. It is equally important not to over fast.

Morning list: Do not have any food or milk after 2.00 am., this includes chewing gum or eating/ sucking of sweets. Drink as much water / clear fluid as you want until 6.00 am. A clear fluid is a non-alcoholic drink that you could read newsprint through e.g water or dilute squash. It should not be fizzy and must not have milk in it. You are allowed to take your tablets at the usual time with **a sip** of water unless you have been advised to stop by pre-operative assessment.

Afternoon list: Eat a light breakfast of toast or cereal (but nothing fatty) before 7.30 am.
Do not have any food or milk after 7.30am this includes chewing gum, eating/sucking of sweets. Drink water / clear fluid up to 11.00 am on the day of surgery. A clear fluid is a non-alcoholic drink that you could read newsprint through e.g. water or dilute squash. It should not be fizzy and must not have milk in. You are allowed to take your tablets at the usual time with **a sip** of water unless you have been advised to stop by pre-operative assessment. (Fresh juices of any sort are not allowed).

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Important

- Avoid alcohol for 24 hours before the procedure.
- Avoid smoking of any substance if possible (48 hours before your procedure is ideal).
- Do not chew gum or suck sweets during your fasting period

Failure to adhere to the above instructions could result in your operation being cancelled

Getting ready for your visit to hospital

- Please bath or shower before your procedure.
- You can brush your teeth even whilst fasting.
- Contact lenses must be removed before surgery.
- Bring a dressing gown and slippers as you will walk to theatre. We endeavour to ensure single sex accommodation is provided.
- Remove all jewellery (including body piercings). Wedding rings are acceptable providing your hand is not being operated on.
- Do not bring large amounts of money or valuables with you. We cannot be held responsible for them.
- Please remove all nail varnish from hands and feet. False nails and make up should not be worn.
- It is essential you have a supply of pain relief medication at home for after your procedure.
- If you are having surgery to a lower limb do not wear tight trousers or high heels on your admission day.
- Please bring any medicines, pills or inhalers you are currently taking. (Inhalers even if not used in a while).
- Bring something to read whilst you wait for your procedure.
- There are no facilities on the unit for relatives to stay with you (unless under exceptional circumstances). One relative / friend may stay until you go for your procedure.
- There is a 30 minute parking area outside the unit to be used for drop-off and pick-up only - free of charge.
- Please report to Day Surgery Reception when you arrive for your procedure. The nurse allocated to look after you will check your admission details, check your blood pressure and pulse, and show you to the pre-operative waiting area.
- You will see a surgeon and anaesthetist (if required) before your procedure. Some daycase procedures happen under local anaesthesia alone.
- You will be asked to change into a gown shortly before your procedure.
- A healthcare professional will then escort you to the operating theatre where you will have your procedure as planned.

Please be aware: Although your admission time is 7.00am or 12.00pm you may not have your operation until later in the morning or afternoon.

After your procedure

- You will recover from your procedure either on a trolley or in a reclining chair. Here, the nurse will check your blood pressure, pulse and wound. For a minimum of one hour for general anaesthetic patients.
- You may eat and drink as soon as you feel like it.
- When staff are happy that you are fit to go home, you may arrange to be picked up from the unit.
- A relative/friend over 18 years must collect you from the inside unit and stay at home with you for 24 hours.
- Dependent on the type of anaesthetic you require, please be aware there is a possibility you may not be able to drive for up to 4 days following your procedure.
- You will be advised not to operate household appliances for 24 hours and not to operate machinery for 4 days.
- You must not fly on an aeroplane for 2 weeks after a general anaesthetic or 6 weeks after lower limb surgery or to be advised by the Surgeon depending on the procedure. Also check with your Insurance Company if you are covered to fly post surgery.
- You will be given a copy of the letter we send to your GP and advice about your procedure.
- You may be given some medication to take at home.
- If you have stitches or dressings, you will need to make arrangements for them to be removed or changed by the practice nurse.
- You may need an outpatients appointment which will be posted out to you.
- One of the ways we try to improve the service is by listening to feedback from patients and relatives. We would be very grateful if you would fill in a feedback form.

If you have any worries after discharge, you may contact the Day Surgery Unit for advice (within the first 4 weeks) - Telephone 01484 342111 9.00 am to 5.00 pm.

Day Surgery Unit Huddersfield Royal Infirmary
Huddersfield HD3 3EA

Important - Having day surgery means that you complete your recovery at home instead of in hospital. It is therefore important that you follow the advice given by the doctor or nurse.

If you have any comments about this leaflet or the service you have received you can contact :

Clinical Service Manager Pre-Operative Assessment Huddersfield Royal Infirmary
Telephone No: 01484 342527
www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

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