Information for Patients

Undergoing a Surgical Procedure
Under General or Regional Anaesthetic

Please read this booklet carefully so that you are aware of any preparations you need to make before the day of your procedure. See next page for our contact number.

Raedwald Day Surgery Unit
Opening hours:
Monday – Friday, 7.30 am – 8 pm
(Closed weekends and bank holidays)
Our contact number

📞 Reception and general enquiries: 01473 702705
Lines open 7.30am – 6pm.
Preparing for your admission

Attending the pre-operative assessment unit

When you attend the outpatient department you may be asked to complete a health questionnaire.

If you are young and fit you may not need to be seen by the pre-operative assessment team. They will telephone you before your admission to check that you have had no changes in your general health and that you still require your procedure.

If you have any existing medical conditions the pre-operative assessment team will see you. The team can arrange any tests, investigations or referrals that might be necessary before you come in for your procedure. You may be asked to attend the Pre-operative Assessment Unit again for further assessment 2–3 weeks before your procedure date.

Transport

When you go home you must not drive or use public transport. Please arrange for a responsible adult to collect you and drive you home or accompany you in a taxi.

Hospital transport cannot be arranged by the Day Surgery Unit so you must
contact your GP if you require this service. Your journey should be booked to the hospital and home again.

You **must** have a responsible adult stay with you overnight when you get home after your procedure.

**Car parking and costs**
*(including short-stay and drop-off points)*

Your carer can use the marked drop-off points near the Garrett Anderson Centre when escorting you to and from Raedwald Day Surgery Unit. There is no charge to use the drop-off points but they can only be used for 20 minutes.

Your carer will have to pay for any period when their vehicle is parked in one of the hospital’s car parks.

Please note that car parking may be expensive for long periods and we are not able to offer car-parking concessions routinely.

Please see the centre pages of this booklet for a map showing the location of the unit, the nearest car parks and drop-off points.

You should not go home on public transport (even if accompanied) after having a general or regional anaesthetic so travelling by bus is not appropriate.

This is a non-smoking hospital.
The smoke-free zone includes the car parks and hospital grounds.

What you need to know about the day

Fasting instructions

• If you are arriving for your procedure in the MORNING:

Please do not eat anything, suck sweets or chew gum after 12 midnight.

You may drink clear fluids until 6 am. Clear fluids are those such as water, squash, black tea and black coffee. You MUST NOT drink milk or fruit juice after midnight.

• If you are arriving for your procedure in the AFTERNOON:

You should have a light breakfast (for example tea/coffee with toast or cereal).

Please do not eat anything, suck sweets or chew gum after 7 am.

You may drink clear fluids until 11 am. Clear fluids are those such as water, squash, black tea and black coffee. You MUST NOT drink milk or fruit juice after 7 am.

Failure to follow these instructions may lead to the postponement of your surgery.
What to do before setting off for the hospital

You should take any prescribed regular medications, for example: inhalers or blood pressure tablets at your normal time unless advised otherwise at your pre-operative assessment. Just take a few sips of water when taking any tablets.

Please do not smoke on the day of your admission.

Please have a bath or shower on the day of your procedure before coming into hospital.

You should remove make-up, nail varnish and body piercings before coming into hospital, particularly in the area which will be operated on.

Please do not bring any valuables with you. With the exception of a wedding ring, we strongly advise that any other jewellery, watches, significant quantities of cash, bank and credit cards, mobile phones, etc are left at home as Ipswich Hospital cannot accept responsibility for any loss or damage.

If you are having hand or arm surgery please remove all rings, including wedding rings, before being admitted. If you are unable to remove your wedding ring this may result in your surgery being cancelled or your ring being cut off.
What to bring with you

Please wear comfortable loose-fitting clothes. Nightwear is unnecessary but bring a dressing gown and slippers if you have them. Bring indoor footwear if you do not have slippers.

Bring any drugs, medicines and inhalers you are taking.

Something to read or occupy you. You may have to wait before your procedure.

When to arrive

Our morning patients are asked to arrive at 7.30 am unless given a different time on their appointment letter. The operating list generally starts at 8.45 am and finishes at 12.30 pm so patients will have their procedure any time during this period.

Afternoon patients are usually asked to arrive between 12 noon and 1 pm unless given a different time on their appointment letter. The afternoon operating list generally starts at 1.45 pm and finishes at 5 pm so patients will have their procedure any time during this period.

Be prepared to be with us either all morning or afternoon, depending on the time of your surgery.
Finding Raedwald Day Surgery Unit
Garrett Anderson Centre

Raedwald Day Surgery Unit is situated on the third (top) floor of the Garrett Anderson Centre.

Please use the antibacterial hand gel at the entrance of the unit.
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What will happen in the unit

Your nurse will introduce him or herself, ask you some questions and help you prepare for your procedure.

The person accompanying you will be asked to telephone the unit at a set time.

You will meet the surgeon and anaesthetist who will discuss your procedure and anaesthetic with you. The surgeon will ask you to sign a consent form if you have not done so already.

When it is time for your procedure you will be accompanied into the operating theatre by a member of the theatre team.

In theatre the anaesthetist will give you an injection which will send you to sleep and you will wake up in the recovery area when your procedure has been completed.

When you are awake you will return to the ward to recover and will have some light refreshments before going home.

When you go home

You should remain under the supervision of a responsible adult for 24 hours after your procedure. This may be longer depending on the type of surgery you have had.
For at least 24 hours YOU MUST NOT:
• drive a car or ride a bicycle;
• operate machinery or anything requiring skill and judgement (including a cooker or kettle);
• make important decisions or sign legal papers; or
• drink any alcohol or take any sleeping tablets.

Facilities
As far as possible you will be cared for in single-sex facilities.
Please tell your named nurse if you are concerned about the cleanliness of the unit.

Visitors
Everyone entering and leaving the unit should use the antibacterial hand gel at the entrance.
One visitor may stay with you while you are on the unit. However, we advise that you do not bring children with you.
Visitors are not allowed to sit on the trolleys – chairs and stools are provided.
Please keep noise levels to a minimum if you have a visitor so that other patients are not disturbed.
Raedwald Day Surgery Unit toilets are for patients’ use only. Visitors should use those in our reception area.
A full copy of the Visitors’ Charter is available from the Patient Advice and Liaison Service (PALS). PALS is available to help relatives, carers, friends and staff with any concerns and can be contacted on Freephone 0800 3287624 or 01473 704781.

**Telephone enquiries**

To reduce telephone and other enquiries we ask that one member of your immediate family acts as a link between your other family members and friends. Confidential information cannot be given out over the telephone but staff can indicate general progress and the anticipated discharge time.

The telephone number for enquiries about patients on the unit is **01473 702717** (7.30 am – 8 pm). Please do not use this number for routine or administrative enquiries.

**Refreshments**

The unit supplies patients with a range of light refreshments and soft drinks. If you have any particular food or soft drinks you enjoy you may bring them with you to consume after your procedure.

**When will I be able to go home?**

Patients who have morning surgery are
usually ready to go home from 12 noon onwards depending on the type and time of their surgery.

Afternoon patients are usually ready to go home between 5 pm – 8 pm depending on the type and time of surgery.

Please remember that the unit closes at 8 pm.

Sick certification
You should be prepared to self-certify in the first instance. Self-certification is suitable for up to seven days. The certificates are available from the Day Surgery Unit or your GP surgery.

If your consultant feels your clinical condition requires a longer sickness period he or she will sign a sick certificate for the period required and you will be given this when you are discharged.

Pain relief and prescription charges
We advise that you have some pain relief ready at home. Paracetamol and ibuprofen may be purchased at most chemists and supermarkets. A pharmacist is usually available at these outlets to advise you on what may be suitable for you. These medicines can also be purchased in the hospital pharmacy.
Any medicines prescribed by the unit are subject to prescription charges (the usual exemption rules apply).

Children
If you have children, please make alternative arrangements for their care on the day of your procedure.

Comments and suggestions
We have a strong commitment to continually improve the care we provide to our patients. We therefore value any comments or suggestions that you might have on how we might improve any aspect of the service we deliver. Please talk to your named nurse or the nurse in charge on the day of your admission.

Alternatively please write to the:

   Senior Nurse/Consultant-in-Charge
   Raedwald Day Surgery Unit (S660)
   Garrett Anderson Centre
   Ipswich Hospital
   Heath Road
   Ipswich
   Suffolk
   IP4 5PD
How you can help us

• Please use the antibacterial hand gel when you enter the unit.

• Please follow carefully any instructions given to you. The instructions may be written or spoken. They are for your safety. If you do not understand something please contact us for further advice.

• Please only use mobile phones in the reception area.

• Let us know as soon as possible if you are unwell or cannot keep your appointment.

• Please observe the no smoking policy in the hospital and its grounds.

• Please notify us of any special needs, for instance, if you have any disability which requires assistance moving about.

• Please do not bring valuables or large amounts of cash with you to the unit.