

# Preparing for your Day Case Operation

Guidance for patients and carers

Aintree University Hospitals **NHS**  
NHS Foundation Trust

Where quality matters

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## Coming into hospital

The information in this leaflet is intended to reduce any fears which you may have about coming into hospital by explaining what you can expect during your stay. It will also offer advice on the best way of preparing yourself for your operation.

## Before you come into hospital

- If you smoke you may consider giving up for several weeks before your operation. The longer you can give up beforehand the better.
- If you are very overweight many of the risks of having an anaesthetic are increased. Reducing your weight will help.
- If you have a long-standing medical problem such as diabetes, asthma, hypertension, thyroid problems or epilepsy, please see your GP to make sure it is well controlled when you get a date for your surgery.
- If you feel unwell when you are due to come in for your operation, the hospital will need to know. Depending on the illness and how urgent the surgery is, your operation may need to be postponed until you are better.

If you have any questions relating to your admission, please contact the appropriate day care ward. (see telephone numbers at back of leaflet)

**If you need help, advice or support in losing weight or stopping smoking, please speak to the pre-operative nurse.**

## Checklist:-

### You should

- ✓ Arrange for a responsible adult to accompany you home and stay with you for 24 hours following your operation. You must let us know if you are unable to arrange this before the day of surgery.
- ✓ Remember to bring a contact number for your escort.
- ✓ Bring **all** your **regular medicines, inhalers and injections** with you, and a copy of your GP prescription.
- ✓ Stop or omit medication discussed at your pre-operative assessment (see below).

Drug	When to stop

- ✓ Please bring enough money to cover prescriptions charges, if you are not exempt. If you have a medicines exemption card, please bring this with you.
- ✓ Make sure you have a supply of your regular medication and simple painkillers, e.g. paracetamol, at home for when you are discharged.

- ✓ Remove make up, nail varnish and false nails before your appointment.
- ✓ Leave all jewellery including body piercings at home.
- ✓ Bring a dressing gown and slippers with you.
- ✓ Inform the nurse on admission if you require a sick leave certificate.
- ✓ Bring something to read/knitting etc.
- ✓ Wear comfortable loose fitting clothes.

**Please note storage space is limited so please keep clothing to a minimum. Please leave all other valuables at home.**

## No Smoking Policy

Aintree is a no smoking hospital. This means that smoking is not allowed in or around any Aintree buildings. We ask you to respect this and remind your visitors to respect this also. This policy applies to all staff, patients and visitors.

## Household arrangements

You may be away from your family for a whole day. It is best to arrange for someone to help you in the home after you get back.

## What is a carer?

A carer is a:-

- A responsible adult.
- Someone who can stay with you overnight for a minimum of **24 hours after** you have been discharged.
- Someone who is willing, if necessary to assist you with mobility and personal hygiene and who will ensure that you will eat and drink appropriately.
- Someone who knows about your treatment and who has had all the information and advice which you have been discharged with.
- Someone who knows how to seek assistance and act in an emergency.

**You must show** your carer any medications which you have been discharged with, and they **must be aware** of how it is to be taken and how often.

## Tests

Your Surgeon will have arranged any special tests that you may need in the outpatients department, or at your pre-operative screening assessment.

## Preparing for your surgery and stay in hospital

Please bath or shower the day before, or on the morning of your operation.

If you are having a general anaesthetic or sedation, it is very important that your stomach is empty before your operation. On the day of your operation you must:-

**Stop eating and drinking** (including chewing gum) at

.....

You may continue to have **water only** until

.....

If you are having a local anaesthetic, you may eat and drink as normal.

## What will happen on the day of the operation?

### Meeting the Surgeon and Anaesthetist

- When you arrive you will meet your nurse who will prepare you for your surgery and anaesthetic. You will then meet your Surgeon and Anaesthetist.
- You may be asked to sign a consent form if you have not already done so.

- You will be given the opportunity to ask any questions which you may still have about the operation.

**Please be aware that your appointment time is not the time of your surgery and a wait will be involved. Due to limited space, relatives may not be able to stay with you on the unit.**

## Getting ready for the operation

- You will be dressed in a special cotton theatre gown.
- A nurse/health professional will conduct a pre-operative check to ensure safe transfer to the theatre.
- You may leave on your wedding ring and cotton underwear is acceptable.

## How will I feel after the operation?

- When your operation is over, you will be wheeled to the "Recovery Room" near to the operating theatre. Here you will be cared for by a specially trained healthcare professional, until you are awake and your condition is stable.
- If you have had a general anaesthetic, at first you will probably feel drowsy. You may feel sick and a bit sore around the site of your operation. Your throat may feel a little dry, like a mild sore throat.
- When you are awake, feeling comfortable, and your pulse, blood pressure and breathing have returned to normal, you will be brought back to the ward.
- When the nurses consider that you are fully recovered from the anaesthetic, they will offer you something to eat such as toast or a biscuit.
- The Surgeon and Anaesthetist may visit you later in the day to let you know how things went and give you advice as to what to do over the next few days.

- If necessary you will be prescribed pain killing tablets to take home with you.

## Discharge

- The average day surgery stay is half a day but discharge times may vary according to the nature of your operation and sometimes there are unforeseen delays. To arrange a collection time escorts are advised to phone:  
**0151-529-0111**
- We also need a contact number for your escort home.
- You will be discharged from the ward on the same day as your operation.
- **You must not** use public transport or drive yourself home.

## After Care

- It is important to rest for a few days after your operation, especially if nausea or dizziness occurs.
- You should not return to work the day after your operation. It may be necessary to stay at home longer depending on the type of operation.
- If you are worried about your condition please contact your GP.
- We may contact you the day after your surgery to check how you are doing or for audit/feedback purposes.

**Please note you may need to attend a treatment room or drop in centre for a wound check or removal of stitches.**

## What should I do following a general anaesthetic?

- ✓ A responsible adult must be available to take you home and care for you during the next 24 hours.
- ✓ Take things easy the day after your operation and do not work with machinery or take strenuous exercise.

### Do not:

- X Drive for 24 hours** following a general anaesthetic or sedation.
- X Work.** It is best to go straight to bed when you get home.
- X Operate machinery or appliances such as cookers or kettles.**
- X** Drink alcohol or take sleeping tablets.
- X Make important decisions** or sign important documents for 24 hours after your anaesthetic.
- X** Lock the bathroom door or toilet door.
- X** Make yourself inaccessible to the person looking after you.

### Should you be concerned about your condition you should:

**Telephone: The Day Surgery Unit  
0151 529 0117 between 9am and 8pm**

**At Other Times  
Contact your G.P**

**Or**

**Nurse Clinician  
Available overnight**

**Mon – Sun Tel: 0151 525 5980 then:  
5pm – 9pm Bleep 5141  
9pm – 7am Bleep 2075 / 2076**

## Further Information:

You can also get further information from:

[www.aboutmyhealth.org](http://www.aboutmyhealth.org) – for support and information you can trust.

Royal College of Anaesthetists at  
[www.youranaesthetic.info](http://www.youranaesthetic.info)

Association of Anaesthetists of Great Britain and Ireland at [www.aagbi.org](http://www.aagbi.org)

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Brozura ta jest dostępna w dużej trzcionce, Braille'u, na kasecie do odsłuchu lub na dysku jak również w innych językach na życzenie. Prosimy o kontakt z Serwisem dla klientów pod numerem:



Telephone  
0151  
529 3287



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