



Instructions for Patients

**Preparing for
Your Operation**

Please read carefully

If you feel unwell, have a cold or for any other reason cannot attend, please contact the Day Surgery Centre on 01506 524 105. Mondays 07.30 to Fridays 19.00hours. Another patient can then benefit from the booking.

Day Surgery Centre
St John's Hospital, Livingston

WELCOME TO THE DAY SURGERY CENTRE. *The Day Surgery Team will endeavour to make your stay as pleasant and relaxed as possible.*

Directions to Day Surgery

The Day Surgery Centre is on the ground floor of the hospital. From the main entrance, go straight ahead past the shop and cash machine to the end of the corridor and turn left.

The entrance is the first door on the right.

Preparing for your Operation

Eating & Drinking

If you are having a **general anaesthetic** or **sedation**, it is essential that your stomach is empty **before** your operation. Solid and milky foods take at least six hours to leave the stomach; clear fluids take at least two hours.

- ❑ If your **appointment is at 07:30 or 8 o'clock** in the morning: you must NOT **eat** anything after **12MIDNIGHT**. For your own comfort and well being you are encouraged to **drink** up to two cups of clear fluids before 7am.
- ❑ If your **appointment is at 11 or 12 o'clock for afternoon surgery**: you may have a light breakfast of tea/coffee and toast before 8am. You are encouraged to drink clear fluids until 11am.

Clear fluids include water, black tea and coffee or diluting juice. Do not drink milky or fizzy drinks; do not chew gum or suck sweets.

Failure to observe these guidelines may mean that your operation may not go ahead as scheduled.

For **Local Anaesthetic procedures**: eat and drink normally

Essential Arrangements

Before your operation, you **MUST** arrange:

- ❑ For a responsible adult to collect you from the Day Surgery Centre and escort you home by private car or taxi. Under no circumstances should you drive or use public transport after a general anaesthetic.

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Preparing for your Operation

Essential Arrangements (cont...)

- ❑ For a responsible adult to stay with you at home for the remainder of the day or overnight.

Being Collected

Nursing staff will advise you when you meet the discharge criteria and are fit for discharge

Your Medications

If you take regular medications, take these as normal with a sip of water unless otherwise instructed.

If you are a diabetic taking insulin or tablets or taking Warfarin or blood thinning medication, you will be given specific advice about these medications prior to attending the hospital for your admission.

Bring in all of your own medication. Please ensure that you bring them in their original containers.

Hygiene and Jewellery

Please have a bath or shower in the morning of your operation.

Do not wear any make-up or nail varnish. Do not wear jewellery (except a wedding ring). Please do not wear any body piercings.

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Preparing for your Operation

Clothing

Please bring with you a pair of slippers and dressing gown. Wear comfortable clothes and flat, sensible shoes. You may be asked to walk to theatre unless you are unable to do so.

If you are staying overnight, bring nightwear and toiletries. Towels will be provided.

Valuables

We suggest you do not bring valuables with you as we do not have the facilities for safeguarding your property whilst you are in the Day Surgery Centre. NHS Lothian cannot hold any responsibility for valuables.

Mobile phones should be switched to silent in the hospital. In order to protect patient's privacy, photos must not be taken in the unit.

Smoking, Alcohol & Drugs

You are advised not to smoke, drink excessive alcohol or use illicit drugs for at least 24 hours before your operation. NOTE: Smoking is not permitted anywhere in the hospital.

Waiting Times

Please be aware that your admission time does not mean you will have your operation at that time and your operation will be one of a number of patients on the theatre list for that day.

You may have to wait a considerable time so you are advised to bring something to read or do whilst you wait during your admission.

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When you arrive at the Centre

Please report to Reception. You will be seen by a member of the Nursing staff, your Surgeon and, if applicable your Anaesthetist.

Your Surgeon will discuss the operation and answer your questions before you have surgery. You will be asked to then confirm your consent in writing.

Your Anaesthetist will then meet you and discuss your anaesthetic.

You will then wait in the waiting room/lounge until it is time to prepare for your operation. An approximate time for your operation will be given to you on admission.

Just before your operation, your Nurse will show you to the changing room so that you can change into a theatre gown. For your own comfort, you can wear your dressing gown and slippers. Depending on the procedure, you may be able to wear your underwear: the nursing staff will advise you.

A bag can be provided for your clothes.

- The Day Surgery Centre is a mixed sex ward with separate toilet facilities. The staff are committed to protecting your privacy at all times.

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After your Operation

Recovering after Surgery

After your operation, you will wake up in the Recovery Room where the nursing staff will look after you. When you are recovered you will return to the Day Surgery ward on your bed.

When you feel able, the nursing staff will offer you something to drink and something light to eat.

Nursing staff will advise you when you are fit for discharge. You may be asked to wait to see your surgeon.

Going Home

When you are well enough, you will be discharged home. Painkillers, spare dressings and written advice about your aftercare at home will be provided.

You will be given a letter to hand to your GP's surgery. It should be delivered as soon as possible after your operation.

The Day Surgery staff cannot let you leave unless an escort is with you. If you have no-one to collect you and stay with you overnight, you will be advised to stay overnight.

If you are not well enough to go home, we would recommend you stay in hospital overnight.

Visiting times for patients staying overnight: 7pm to 8pm only.

After your Operation

When you are at home

The effects of anaesthetic drugs remain in the body for longer than most people think. You may feel drowsy and your reaction times will be slower. Therefore, for 24 hours after your anaesthetic, you should not:

- drive a vehicle or ride a bike
- operate machinery – including kitchen machinery
- drink alcohol
- climb ladders or work at heights
- make important decisions or sign legal documents
- be left alone

If you have any questions about your care, the nursing or medical staff will be happy to advise you.

Day Surgery Centre

St John's Hospital Livingston

Telephone: 01506 524 105