

You will soon be coming to Teignmouth Hospital and we would like to reassure you that the staff of Torbay and South Devon NHS Foundation Trust want to make your visit to the hospital as pleasant and as comfortable as possible. There are several things you need to know before you come into hospital and this leaflet tells you about them.

Before arriving at Hospital

If possible we would advise you to bath/shower on the day or evening before your visit to help minimise the risk of post-operative infection.

The procedure you will be having will be performed under local anaesthetic which means you will be awake throughout the operation and there is no need to starve beforehand. So please make sure you have had something to eat and drink before coming into Hospital.

The area of the body to be operated on will be numbed with an injection of local anaesthetic just like at the dentist. You may bring a friend or relative with you, but due to limited seating, we ask, if possible, to only bring one person.

Your appointment time may not reflect your time of operation and may be later than stated, please allow 2-4 hours for your visit to Teignmouth Day Surgery unit.

Please bring with you:

- A list of any medication you are currently taking and unless specifically advised otherwise, please continue with any drugs you are currently prescribed.
- Dressing gown and slippers.
- The name and telephone number of your relative or friend who will be collecting you after your operation.
- You may also want to bring a book or magazine to read whilst you wait.

There are no facilities at Teignmouth Hospital to purchase any food.

If you are Diabetic, or someone who is relying on Hospital Transport, please bring something to eat, you may still be in the department over the lunch period.

Please note: that if you are taking a blood thinning medication such as Aspirin, Warfarin, Clopidogrel or Rivaroxaban you may have been asked to stop taking it before your hospital visit to the Day Surgery Unit. If you are unsure then please check with your Consultant.

Please do not bring:

Cigarettes, tobacco or e-cigarettes as the Trust operates a strict "No Smoking Policy" in all of its buildings and grounds. For help, advice and information about stopping smoking, contact the

- Devon PCT Stop Smoking Service for the Teignmouth area on ☎ 01626 357039
- Alcoholic drinks
- Large sums of money
- Valuables such as jewellery (other than wedding and engagement rings)

Hospital Transport

If you need assistance to arrange transport you can ring our patient Transport Enquiry Line on

☎ **(01803) 656777** between 9.30am and 4.30pm Monday to Friday.

Transport needs to be booked at least 48 hours ahead. An ambulance may only be provided for special or medical reasons. A hospital car can assist patients who have limited access to public or their own transport, but a fee is payable.

When you first arrive

- There is limited free parking available in the hospital grounds. However, there is usually ample parking in the road running alongside the hospital.

Please check in at the main reception desk at the hospital entrance. You will be directed down the corridor to the Admissions area.

The Admissions Procedure

We will need some time to prepare you for your procedure and you will be greeted by a Nurse. The nurse will talk to you about the procedure you are about to have and you will have the opportunity to ask any questions. The following information will be collected:

- A brief medical history
- A note of medication you are taking
- A recording of your blood pressure and pulse
- A recording of your weight

Most patients will have to get undressed and put on an operating gown. Even though you may be having a very minor procedure performed you will be going into an operating theatre where a clean environment has to be maintained to reduce the risk of infection. Therefore patients are not permitted to wear their outdoor clothes in the operating theatre.

Single Sex Accommodation

In order to promote privacy and dignity we offer single sex accommodation at Teignmouth Day Surgery Unit. This means that after your procedure you can recover in a male or female only area whilst you are in your hospital gown. Unfortunately it may also mean that your relative/carer may not always be able to sit with you if they are of the opposite sex.

Please discuss any concerns/needs with the staff on duty.

Leaving hospital

After your procedure you will be requested to stay for at least 30 minutes to check that you have fully recovered and you feel well enough to go home. You will be offered a cup of tea or coffee and encouraged to relax.

Please make sure someone is able to collect you and stay with you at home preferably overnight.

DO NOT

- Drive yourself home
- Go home on public transport

DO

- Follow the advice given to you by the staff.
- Take it easy on the day after your procedure.
- Remember that you may need to take time off work.

We are here to help

If you have any concerns or worries contact either your GP or Teignmouth Hospital on ☎ **01626 772161**.

Outside normal surgery hours you may contact the on-call GP on ☎ 0845 671 0270



**PATIENT
INFORMATION**

**Coming into
Teignmouth Hospital
Day Surgery Unit**