

PATIENT INFORMATION

Urgent and Emergency Surgery in the Day Surgery Unit

Information for Patients

You have been selected to have your urgent operation performed in our Day Surgery Unit (DSU). You will have been seen by a surgeon and assessed as requiring urgent surgery but safe to be sent home to wait for surgery rather than be admitted to a hospital ward. You will then return to our Day Surgery Unit for your operation when instructed.

This leaflet has been designed to provide you and your family with information about your day surgery pathway. For a large number of patients, we think it is better for you to go home as soon as possible after surgery. There is good evidence that doing the things such as eating, drinking, exercising and managing pain as soon as possible, helps people to get better and back to their normal routine more quickly.

On the day:

Admission and waiting:

You will be told what date and time to attend the DSU for your operation. This may be in the morning or afternoon. Please report to reception.

Please note that the unit does not open its doors until 07:30 so do not attend before this.

As this is an **urgent/emergency** list the exact time of your operation cannot be guaranteed. Operations are performed based on clinical priority. It is possible that the situation may change and your operation might be rearranged to take place on a different day or you may be admitted to hospital.

Location:

The nearest car parking to the DSU is available in Pay and display Car Park A near the Emergency Department. Enter the unit through the green door and follow the signs.

Starvation instructions: Please read carefully

If your operation is in the morning	If your operation is in the afternoon
Do not eat after 00:00 midnight the night before	Have breakfast before 08:00 in the morning
You may have a cup of coffee or tea with a small amount of milk before 06:30am	You may have a cup of coffee or tea with a small amount of milk before 11:30am
One hour before admission you may be asked to drink 2 cartons of 'pre-op' carbohydrate drink.	One hour before admission you may be asked to drink 2 cartons of 'pre-op' carbohydrate drink.
DO continue to drink clear fluids (water, squash, black tea or coffee) until you arrive at the hospital	DO continue to drink clear fluids (water, squash, black tea or coffee) until you arrive at the hospital

Please bring with you:

- ☐ Any tablets, medicines or inhalers you are taking in their original packaging.
- ☐ Warm clothes to wear whilst waiting for your operation and dressing gown and slippers
- ☐ Name and phone number of relative or friend collecting you after your operation
- ☐ Something to read/keep you amused!
- ☐ Money to pay for car parking. Do not bring anything valuable

Who will see you? You will be seen by a nurse, an anaesthetist and a surgeon who will confirm your medical history, medications and review any test results if needed. You will be asked to sign a consent form for your operation.

Preparing to go home before you come into hospital: We ask that you make arrangements for going home BEFORE you come into hospital. You will need to organise to be accompanied home by a responsible adult on the day of your operation who will stay with you for 24 hours

Please consider: How will you get home? Private car or taxi are acceptable but not by bus. Who will be able to help you with shopping, cooking and housework? To respect patient privacy and clinical care, your relative or carer will not be allowed to enter the ward area at any time and will be required to remain in the waiting area. Please encourage them to bring something to do or they may leave and return when contacted.

Operating theatre: You will be taken to the operating theatre where you will be asked to lie down on a trolley. You will be asked further questions to ensure your safety and attached to vital monitoring equipment. Everything will be explained to you as it is done.

After Surgery: You will be transferred to the recovery room and will stay there until you are fully awake and comfortable. You will then move to our ward where you will be encouraged to mobilise, use the bathroom, eat, drink, get dressed and go home! Doctors and nurses are on hand if any problems are encountered.

Going Home: When you are ready, your relative or friend will be contacted and informed of the time that you can be discharged and collected from the day surgery unit. After a morning operation you will usually be ready to leave between 12:00 and 14:00 although it may be later depending on your operation. After an afternoon operation you are usually ready between 17:00 and 19:00.

Your safety is paramount and you will be given advice on caring for dressings, pain killers, advice how to reduce blood clots which may include pressure stockings and/or injections and a discharge letter with contact details if you need advice.

After you are discharged: You will be phoned at home by a DSU nurse the next day to check that you are OK.

Follow up may be needed with your GP, community nurses or may require a return to outpatients to see the specialist team. You will be clearly informed about all necessary arrangements before you leave hospital and your GP will know within 24 hours.

Useful contact details:

Day Surgery Unit: 01803 655508
Switchboard: 01803 614567

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.