

## Elective Surgery Unit

## Same Day Discharge

Patient Details

Date and time of Admission: \_\_\_\_\_

**Please report to: Elective Surgery Unit, Huddersfield Royal Infirmary.****We have a dedicated entrance located in the South Drive Car Park. South Drive Car Park can be accessed from Acre Street behind A&E or Occupation Road.****There is 30 minute free parking which can be used for 'pick-up' and 'drop-off'.****Please note Automatic Number Plate Recognition (ANPR) technology is in use in all our car parks at Huddersfield Royal Infirmary.**

This leaflet contains important information for patients who are going home on the same day as their surgery. **Please read through all the information. Your operation could be cancelled if you do not follow the instructions.**

You **must** contact the pre-assessment unit if you develop any of the following: a cough, a cold, vomiting, diarrhoea or any skin or wound infections in the week prior to your surgery.

You may receive a phone call or text message 3 days prior to your admission so we can confirm your details and ensure there have been no changes. If we are unable to contact you, we will leave a message. Please make sure you respond to this.

## Pre Assessment - Telephone 01484 355616

### Before your procedure

Please stop taking the following medication: .....

on: .....

**For your own safety, it is extremely important that you follow these fasting instructions. If you have not followed the instructions about eating and drinking then your operation may be cancelled**

#### Morning list 7am admission time -

Do not consume any food after 2.00am. This includes chewing gum and eating or sucking sweets. Drink as much clear fluid as you want up to 6.00am. A clear fluid is a non-alcoholic drink that you could read newsprint through, e.g. water or dilute squash it should not be fizzy.

#### Afternoon list 11.30 am admission time -

You can have a light breakfast of toast or cereal (but nothing fatty) before 7.30am. Do not have any food after 7.30am. This includes chewing gum and eating or sucking sweets. Drink as much clear fluid as you want up to 11.00 am. A clear fluid is a non-alcoholic drink that you could read newsprint through, e.g. water or dilute squash it should not be fizzy.

On the morning of your surgery regardless of admission time, you can have a singular cup of tea or coffee with up to 3 teaspoons/15ml milk. You are allowed to take your tablets at the usual time unless you have been advised to stop them by pre-operative assessment.

Once in hospital the ward staff will allow you to sip clear fluids until you are sent for your procedure.

### Important

- Avoid alcohol for 24 hours before the procedure.
- If you take recreational drugs, please stop as advised by the pre-operative assessment nurse.
- Avoid smoking on the day of your procedure (if possible 48 hours before your procedure is ideal).
- Do not chew gum or suck sweets during your fasting period.

### Getting ready for your visit to hospital

- Please bring any medicines, pills or inhalers you are currently taking, **even if you don't use them every day**. This includes any diabetic equipment.
- Please have a bath or shower before your procedure.
- You can brush your teeth even whilst fasting.
- Contact lenses must be removed before surgery.
- You can bring a dressing gown and slippers
- Remove **all** jewellery (including body piercings). Wedding rings are acceptable providing your hand is not being operated on.

- Do not bring large amounts of money or valuables with you. The Trust will not take responsibility for them. Lockers are available to store personal items.
- Please remove all nail varnish from hands and feet. False nails and make up should not be worn.
- **It is essential you have a supply of pain relief medication at home for after your procedure.**
- If you are having surgery to a lower limb do not wear tight trousers or high heels on your admission day.
- Bring something to read or occupy you whilst you wait for your procedure.
- There is 30 minutes free parking in the car park.
- Please have contact telephone numbers for next of kin/emergency contact ready for admission staff. Mobiles can be used on the unit.

## On the Day of Admission

You will be asked to arrive at the Elective Surgery Unit located in basement for 7am or 11.30am.

### Pre-operatively

There may be a waiting time of up to 4 hours before you are taken to the operating theatre. This is to allow time for nursing staff to complete your admission and prepare you for theatre. You will also be seen by your surgeon and anaesthetist. The admission time is **not** your operation time.

You will be asked to change into a surgical gown and may be asked to wear anti-embolism stockings. Pain killers are sometimes given before surgery in order to help prevent or reduce your pain post-operatively. Pain killers can also be given during your procedure by your anaesthetist.

Nursing staff will complete all the necessary safety checks and then show you to a waiting area. When it is your time for surgery, a staff member from the theatre team will come to collect you and take you to the operating theatre.

### Post Operatively

After your procedure you will recover either on a trolley or in a comfy chair. Nursing staff will closely monitor you and check visible wounds. Nursing staff will also monitor you for any pain and will administer further pain relief if appropriate.

You will be offered light food and drinks as soon as you are able. When staff are happy that you are well enough to be discharged home, we will contact your designated responsible adult to come and collect you.

You will receive post-operative information verbally and written, this will include advice about wound care, dressings, pain relief and any necessary follow up.

You will receive a discharge letter and this will also be sent to your GP. You may be given some medication to take home.

## Possible Complications of Surgery

When you go home you may still have a small amount of discomfort, or the pain may not have completely gone. This can be normal. You will be given instructions about pain medication when you are discharged however, it is recommended that you buy some pain killers before coming into hospital to use at home as we do not dispense paracetamol or ibuprofen. Pain is much easier to control if you keep on top of it by taking your pain killers regularly rather than letting it build up. Remember to space your pain killers out over a 24-hour period so you can have some during the night if needed.

Some people feel nauseated and sick following general anaesthetic. The effects should wear off within 24 to 48 hours. It is important to drink plenty of fluids. Nausea can also be caused by some types of pain killers such as codeine.

Wound infections are uncommon, and all steps will be taken to avoid this however, it is important you know the signs and symptoms of wound infection :-

- Feeling hot and feverish
- Redness around your wound
- Offensive odour or discharge
- Pus or blood from your wound
- Increased swelling around the wound

Blood clots in the legs or lungs is rare following day surgery, please see separate leaflet about preventing hospital associated blood clots.

You will be given post operation contact details upon discharge so you know who to contact should you experience any of these.

## Information for Carers/Escorts

A responsible relative or friend over the age of 18 must collect you from the Elective Surgery Unit and stay with you at home for 24 hours following your procedure. **Your responsible adult must be available to collect you before 7pm because the unit closes shortly afterwards.** You may need this person to be with you longer than 24 hours depending on your procedure and recovery. It is important that your designated carer is aware of their responsibility and they should also read the post-operative information and advice.

Due to space constraints and to provide optimum quiet recovery environment for all patients, it will not be possible for you to have anyone to stay or visit unless there are exceptional circumstances. In exceptional circumstances arrangements can be made for carers to remain with patients, but this will need to be discussed with nursing staff prior to the day of surgery. You should inform the staff at

**If you have any comments about this leaflet or the service you have received you can contact :**

Elective Surgery Unit  
Huddersfield Royal Infirmary

Telephone: 01484 342111

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"