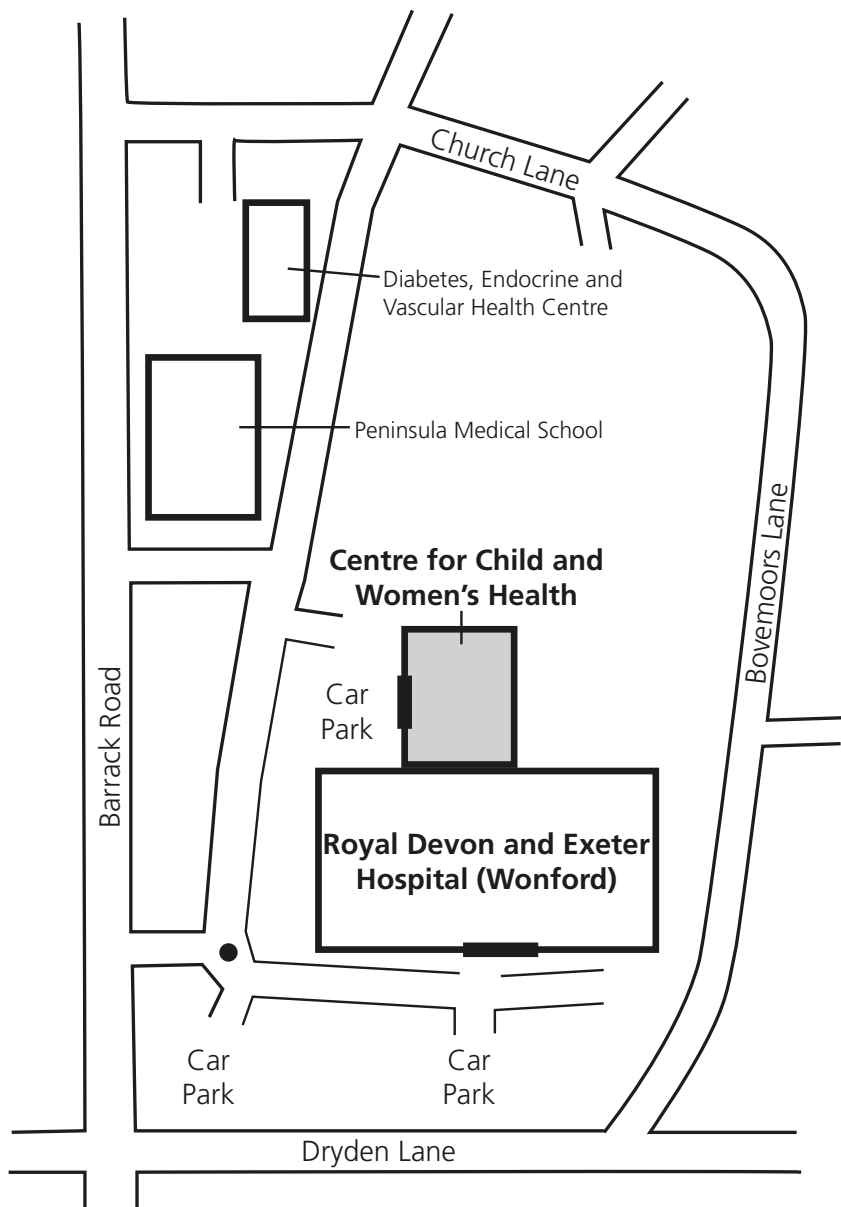


## Day Surgery on Wynard Ward



### Before you Arrive

Your admission date is given in the accompanying letter. Please arrive promptly at the time indicated so that we can prepare you for theatre. There will be an interval between these preparations and your procedure in theatre (this may be several hours).

### Please bring the following:

- Any tablets you are taking, with original medication boxes.
- Dressing gown, slippers and wash bag.
- A specimen of urine.
- Name and phone number of relative or friend collecting you after your operation.
- Something to keep you amused!
- Please **DO NOT** bring anything valuable with you - the Hospital accepts no responsibility for loss of property. This includes jewellery.
- For gynaecological operations, bring in sanitary towels/panty liners.

It would be helpful if you could have a bath/shower before coming in and please remove all make-up and nail varnish.

### Arriving at the Hospital

Please come to the main entrance of the Centre for Child and Women's Health, Level 1 and follow the signs to Wynard Ward.

Parking is available, although limited, in clearly marked car parks, but please bring some loose change as the Hospital operates a Pay & Display system.

## On Admission

We ask that only **ONE** relative/friend accompanies you into hospital. Please be aware that in order to maintain privacy and dignity and to enable nurses/doctors/anaesthetists to carry out their work efficiently we discourage relatives/friends from following patients into the day case area before 9am. A waiting area on the ward is available for relatives to sit whilst waiting.

## The Anaesthetic

### Morning Operations:

Please do not consume any solid food after midnight. You may drink water, black tea or black coffee only until 7.00am. **DO NOT** suck sweets or chew gum as this can affect your anaesthetic. **DO NOT** have any milky drinks.

### Afternoon Operations:

Please have a light breakfast providing it is finished by 7.00am. After this you may drink water, black tea or black coffee until 11.00am only. **DO NOT** suck sweets or chew gum as this can affect your anaesthetic. **DO NOT** have any milky drinks.

Please take your tablets at the normal times - you may take a sip of water to help swallow them.

If you are unwell the day before the operation, please contact us on **01392 406512**.

## General Information

- Prior to your admission please ensure that you have some simple analgesia at home, i.e. paracetamol, ibuprofen.
- Smoking is not allowed anywhere in the Hospital.
- Tea, coffee, toast/biscuits are provided for you after the operation. There is a coffee shop for relatives at the main entrance to the Centre for Women's Health. The staff of Wynard Ward wish to make your treatment as pleasant as possible. Please telephone the Ward if you have any problems.

- The staff of Wynard Ward wish to make your treatment as pleasant as possible. Please telephone the Ward if you have any problems.
- You will be allowed home after a **minimum** of 1½ hours from your return to the Ward and checks have been made to ensure a safe discharge is appropriate. If not, we will admit you overnight. There may be some delay in your discharge if the Ward is busy or you are not well enough to go home at that time.

It is often not possible for your doctor to come and see you at the exact time that you are sufficiently recovered from your procedure to go home. Your nurse has therefore been trained to assist you with your discharge, and to give you a copy of the operation note to take with you. If you specifically wish to see a member of the surgical team, it can easily be arranged, although it will usually mean waiting until the end of the operating list for a doctor from the team to be free to see you. Please speak to your nurse, who will be able to advise you how long the wait is likely to be.

- Please ask your carer/escort to telephone the Ward to confirm when you can be collected.
- A friend or relative **must** collect you directly from the Ward and accompany you home. Our nurses and doctors will advise you on your care after your operation.

## At Home

**Advice following a general anaesthetic or sedation:** The drugs you will receive may remain in your body for at least 24 hours. This may temporarily affect your co-ordination and logical thinking, therefore:-

- **It is essential that you travel home by car (not public transport) with another adult. Somebody must remain with you for the first 24 hours after your operation.**
- **Do not** drink any alcohol for 24-48 hours.
- **Driving and operating machinery – Do not drive for at least 24 hours** after your anaesthetic. You may be unable to drive for longer than this because of the operation itself. Some manufacturers of anaesthetic

drugs advise that the performance of certain activities that require mental alertness may be impaired for 2-4 days after anaesthesia. This includes driving. If this is a concern, please discuss this with your anaesthetist before your operation.

- If you are given strong painkillers (codeine, tramadol, morphine) you should not drive until you have made sure that they do not make you feel drowsy, affect your vision or slow your thinking.
- **Do not** make important decisions or sign important documents for 24 hours.
- **Do not** lock the bathroom door, or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet.
- Remember you will need to take time off work the following day. If you have any problems, you can contact Wynard Ward within a week of your surgery. If you are still having problems after a week, then please contact your GP.

## Wynard Ward Contact Numbers

- Main desk, Wynard Ward..... 01392 406512
- Day Case Unit..... 01392 406550

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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