



**Royal National
Orthopaedic Hospital**
NHS Trust



A patient's guide to

having a Day Surgery Procedure

This leaflet aims to provide all the information you need to prepare for your Day surgery procedure.

You will be contacted by the Pre-Operative assessment team ahead of your admission date to ensure that you are medically fit for your procedure or operation. The date for your surgery / procedure is provisional pending the outcome of your pre-operative assessment.

General Information

- If you are a smoker, please refrain from smoking on the morning of your operation
- Please stop taking any complementary or alternative medications, one week before admission
- Pre-Operative assessment will advise you on your regular medication

What to bring in

- Slippers
- Dressing gown
- All your medications including inhalers

What not to bring

- Valuables
- Large sums of money
- Food and drink

On the morning of your operation / procedure

- You must have a shower / bath before you leave for the hospital.

Fasting Instructions

Unless otherwise instructed by pre-operative assessment

- Please do not eat from midnight
- You **MUST** have a glass of water at 06.00. You can continue drinking clear fluids (diluted squash with no fruity bits/black tea/black coffee WITHOUT milk) up until 06.00.
- Take the medications you have been instructed by pre-operative assessment at 06.00.
- Do not chew gum

On arrival

- Please report to the main reception in the outpatients department at the Stanmore site
- You will be met by the admissions team who will complete your admissions documentation.
- You will be seen by your consultant surgeon or their deputy and the consultant anaesthetist or their deputy who will assess you, explain the procedure and ask you to sign a consent form for the surgery and anaesthetic.

Before you are discharged home

- You must pass urine
- Have something to eat and drink
- Your pain needs to be managed to an acceptable level.

Discharge Information

- You **MUST** ensure you have someone to collect you from the hospital
- You **MUST** have 24 hour supervision by a responsible adult following discharge
- You cannot use public transport to get home
- You **MUST NOT** drive for 48 hours following your general anaesthetic (www.dvla.gov.uk)

The following instructions are strongly advised for 24 hours after your operation / procedure:

- You **MUST NOT** take any form of alcohol
- You **MUST NOT** operate any machinery
- You **MUST NOT** sign any legal documentation

In the unlikely event that the surgeon or anaesthetist does not feel you are fit to go home an overnight admission will be arranged.

Your surgeon will advise you whether time off work is required.

If there are any changes to your general health following your pre-operative assessment you must notify the Pre assessment team. Failure to inform the team may result on your surgery being cancelled on the day.

We hope this information has been helpful in preparing you for your stay at our hospital. If you require any further information, please contact pre-operative assessment on 0208 909 5630.

Notes

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If you would like this leaflet translated into another language/large print, please contact the Quality Team on 020 8909 5439.

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