

Pre-Operative Assessment Clinic

You have been placed on our waiting list for an operation.

To help prepare for this, you are asked to attend a Pre-Operative Assessment Clinic so that your medical and social needs can be assessed before your operation. This leaflet describes what will happen during this appointment, so that you know what to expect.





Why do I need to attend a Pre-Operative Assessment Clinic?

The date of your surgery is provisional pending the outcome of your pre-operative assessment appointment. If you are deemed fit after your assessment then you will proceed to your planned admission date. If you do not already have this date then you will be contacted by your consultants scheduler.

The Pre-Operative Assessment Clinic will:

- Make sure that you are medically fit for your operation or procedure.
- Provide some information about your treatment and answer your questions about your admission.
- Carry out tests needed before your operation or procedure.
- Find out whether you will have special requirements during your stay, or when you leave hospital.

Where will the pre-operative assessment take place?

Following your outpatient appointment with the surgeon you will be asked to complete a health questionnaire. The nurses will undertake an initial screening including checking your blood pressure and weight, and take swabs to check for MRSA and a urine sample, which will help us plan your pre-operative appointment.

Appointments are available at Bolsover Street and Stanmore.

The screening helps us to determine if you need to see an anaesthetist or a nurse. The appointment usually takes place four to six weeks ahead of your surgery.

Failure to attend your appointment may result in delay or cancellation of your surgery.



What will happen at your pre-admission appointment?

Information regarding your surgical procedure is discussed with you by the surgeon at your outpatients appointment. Staff will be happy to discuss general questions regarding your admission, length of stay, and your return home after your operation. You may want to write down questions before you come to the pre assessment clinic so that you don't forget them when you arrive.

Your appointment can take up to 2-3 hours, so that we can complete all the necessary tests.

Please bring with you some food and drink, something to read or some music to keep you occupied while you wait.

There are toilets facilities, a restaurant and free parking on site.

Tests on the day may include:

- Blood tests
- Heart tracing (ECG)
- X-ray
- Spirometry
- You will be seen by a nurse.
Some patients may need to see an anaesthetist after seeing the nurse.

If you are taking any medicines, please bring these with you. If this is not possible, please bring a prescription sheet with you.

If there is any possibility that you may be pregnant, please tell the doctor or nurse.

If you are under the care of a doctor, for example a heart or chest doctor and you have copies of clinic letters detailing your care/treatment/investigations, please bring them with you to your appointment.

If, during your pre-admission assessment we identify a reason why you may not have your operation or procedure, this will be discussed further with you.

What should I do before coming to hospital?

Here are some things that you can do to prepare yourself for your operation:

- If you smoke, giving up before the operation reduces the risk of breathing problems. The longer you can give up beforehand, the better. If you cannot stop smoking completely, cutting down will help. Please ask if you need advice about this. Your GP



or local pharmacy may also be able to offer help.

- If you are very overweight, reducing your weight will reduce many of the risks of having an anaesthetic.
- If you have loose teeth or crowns, treatment from your dentist may reduce the risk of damage to your teeth as the anaesthetist needs to put a tube in your throat to help you breathe.
- If you have a long term health condition such as diabetes, asthma, thyroid problems,

epilepsy or high blood pressure (hypertension), your GP should give you a check-up before you attend the clinic to make sure they are well controlled.

- If you feel unwell at any time before you are due to come into hospital, please telephone the Pre-Operative Unit for advice.

If you would like any further information, please contact the Pre-Operative Assessment Unit on **020 8909 5630**.

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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.