

INFORMATION FOR PATIENTS

Your operation in the Day Case Unit

Welcome to King's Mill Hospital.

This leaflet has been designed to help you to prepare for your admission to hospital. It is important that you read all the information below so you know what to expect when you come to hospital.

Our staff will do everything they can to make your stay here as comfortable as possible. Should you need further information about your admission please do not hesitate to telephone the Day Case Unit on **01623 672267**.

Change of personal or contact details

So that we can keep you fully informed, please let us know if any of your personal or contact details change, for example your address, GP, or name. Please contact the Waiting List Office using the telephone number on your admission letter.

What if I can no longer attend my appointment?

If you become ill in the week before your operation (with a cold for example), are no longer able to attend, or change your mind about having the operation, please contact the Waiting List Office using the telephone number on your admission letter. Please have your consultant's name to hand, as stated on the letter.

What do I do about eating and drinking?

It is advisable not to drink alcohol for 24 hours before your operation.

If you are having your operation under a **local** anaesthetic, you can eat and drink as normal prior to your admission.

If you are having your operation under **any other** anaesthetic it is very important that your stomach is empty before your operation. It is not necessary to starve for longer than the times given below as doing so may cause general discomfort and may delay your recovery.

If you are having your operation in the morning:

- Do not eat anything after **3am** - this includes chewing gum and sweets.
- You may drink **clear fluids** up to **7am** - examples of clear fluids are water, tea and coffee **without** milk, sugar or sweetener.

If you are having your operation in the afternoon:

- Do not eat anything after **7.30am** - this includes chewing gum or sweets; you may have a light breakfast of toast or cereal before this time.
- You may drink **clear fluids** up to **11.30am** - examples of clear fluids are water, tea or coffee **without** milk, sugar or sweetener.

How do I prepare for my operation in the Day Case Unit?

You **must** arrange for a responsible adult to accompany you home, and to stay with you for 24 hours following your operation.

You must contact the Day Case Unit at least 48 hours before your admission if you are unable to arrange this.

The type of surgery that you have may require you to have an overnight stay. In normal circumstances you will be informed of this at your preoperative appointment.

Have a supply of paracetamol and/or ibuprofen tablets at home for pain relief if you are able to take these.

Wear comfortable, loose-fitting clothes that you can also travel home in.

Please have a bath or shower before your admission. If you have been given any products at your preoperative assessment please use these as directed.

Make-up, nail varnish and any piercings must be removed.

Take your regular medication on the day of your admission at your usual time, unless informed not to do so at your preoperative assessment.

You may bring a fully charged mobile phone/iPad/Kindle but we do not have the facilities to charge the items. You may also bring some reading material or a puzzle book.

What will happen on admission?

Please report to the reception desk on the Day Case Unit at the time stated on your appointment letter. The Day Case Unit is clearly signposted from the main entrance. Our reception staff will check your personal details with you at that time.

All staff should wear name badges and introduce themselves to you. You will meet your nurses who will prepare you for your operation and anaesthesia. You will usually meet your surgeon and anaesthetist before you go for your operation.

Please be aware your admission time is not the time of your operation. You could have a wait of between 6 and 8 hours. The nursing staff will keep you informed about the time of your operation, though last minute changes may occur.

You will need to change into a theatre gown before you go for your operation. Nurses are available to help you.

What do I need to bring with me?

- Dressing gown and slippers - if you are expecting to stay overnight, remember an overnight bag including basic toiletries.
- Spectacles, hearing or walking aids.
- Medicines - any prescribed or over the counter medicines regularly taken in their original packaging labelled with your name and your repeat prescription list if available.

If you are taking anti-depressants, blood thinning tablets (also known as anticoagulants), the contraceptive pill, or medicines for diabetes or Parkinson's disease, and you have not yet had a discussion with the preoperative assessment staff about these in relation to your surgery, please contact the Preoperative Assessment Unit immediately for advice on 01623 676088.

Please do not bring:

- Large sums of money or jewellery.
- Alcohol, illicit drugs, cigarettes or e-cigarettes.
- Electrical items such as mobile phone chargers, e-cigarette chargers and hair straighteners.

We are unable to accept any responsibility for loss or damage to your valuables or personal belongings, unless they are handed in for safe keeping on admission and a receipt obtained.

After your operation

Following your operation you will be taken to the recovery area, and then back to the Day Case Unit.

You may stay on the Day Case Unit from 30 minutes up to 24 hours. This will depend on your surgery and how you recover. You may have already been given this information at your preoperative assessment. Please be aware that, depending on your surgery or recovery, your length of stay may change. The nursing and medical staff will keep you updated with this information.

Please feel free to talk to the nursing staff either before or during your admission.

Visitors for Day Case patients

During the COVID-19 pandemic the Day Case Unit will not allow visitors. We will contact a relative for discharge and escort you down to the main entrance when you are medically fit for discharge.

Visiting arrangements may change once COVID-19 is under full control.

What happens when I am discharged?

You should be discharged from the Day Case Unit in the same 24 hour period as your operation but please be aware this time period could be extended.

Arrangements will be made for any follow up treatment or appointments you may require.

Information following your surgery will be given to you before leaving the Day Case Unit, including care of wounds.

You will be prescribed additional pain relief if it is required.

You **must not** use public transport or drive yourself home.

Your nurse will advise you on when you can go back to work and when you can resume driving.

You will be able to self-certificate yourself off work for seven days.

If you need any longer off work please see your GP after your surgery.

Recovery at home

It is important to rest for a few days after your operation, especially if you feel sick or dizzy.

For 24 hours after your operation you must not:

- Operate machinery or domestic appliances including cookers, kettles and irons.
- Drink alcohol or take sleeping tablets.

If you experience any problems related to your surgery or anaesthetic within **the first 48 hours** following your discharge, please ring the Day Case Unit for advice on **01623 672267**. **After 48 hours** please contact your GP or nearest out of hours GP service.

The Day Case Unit is closed between 1.30pm on Saturday to 7.30am on Monday.

Advice may be sought from the following departments during these hours:

Gynaecology and breast surgery:
01623 672235

Orthopaedic:
01623 672269

General surgery/Urology/Ear, Nose and Throat (ENT):
01623 672269

Ophthalmic:
01623 672270

Infection prevention and control

Everyone entering our hospital premises (patients, visitors and staff) bring with them a variety of germs. Some of these may be capable of causing infection. It is well established that appropriate and thorough hand hygiene by staff, patients and visitors contributes more than anything else to the control of infection.

You will be asked to wear a surgical mask through the entirety of your stay. Alcohol gel for hands will be available throughout the ward.

When washing your hands:

- Wet hands thoroughly before applying gel.
- Vigorously massage the lather onto all surfaces of both hands, paying special attention to fingertips, thumbs and between fingers.
- Wash underneath rings.
- Rinse your hands, then dry them thoroughly using the paper towels provided.

Cover cuts with waterproof plasters and use hand cream to prevent dryness and chapping.

Healthcare staff should wash their hands or use alcohol gel before any close contact with a patient. Do not be afraid to ask them to do so.

COVID-19 testing

You will need to do a lateral flow test before your admission. Log onto the gov.uk website to order you tests <https://www.gov.uk/order-COVID-19-rapid-lateral-flow-tests> or alternatively call 119. You will be asked to confirm that you have a planned upcoming admission. Ideally call with at least 10 days' notice of the requirement to perform a lateral flow test to allow enough time for ordering and delivery.

The test should be performed three days (72 hours) in advance of your planned attendance to hospital, and you are to minimise exposure risk between the test and the procedure. For each of the tests conducted the test result is required to be registered online at <https://www.gov.uk/report-covid19-result> or by telephoning 119. This will generate an email or text message confirmation of the result.

Please bring proof of the recent negative test with you when you attend for your procedure as this will be recorded in your medical notes.

You will have been given a separate leaflet with instructions on isolation, called 'Preparing for elective surgery during the Covid-19 outbreak'. If you have not been given this leaflet, please telephone the Day Case Unit.

MRSA screening

Most patients being admitted to hospital are now screened for MRSA (Methicillin Resistant Staphylococcus aureus). This is a common germ that lives harmlessly on the skin.

MRSA is a type of Staphylococcus aureus that has become resistant to most commonly used antibiotics.

This germ is not normally a risk to healthy people and the majority of people who carry it do not have symptoms and are unaware they are carrying it. It may however, cause infection in people who have had surgery. The risk is dramatically reduced if it is removed using an antiseptic wash and nose cream beforehand.

You will be screened for MRSA by taking a swab from inside your nose and groin area. It is painless and will only take a few seconds to complete.

If the result is positive you will be informed by a nurse. Treatment for MRSA includes an antiseptic wash and nasal ointment. A nurse will provide you with more information about your treatment should you need it.

Privacy, dignity and same sex accommodation

We are committed to ensuring that every patient has the right to privacy and to be treated with dignity and respect.

We respect this and provide care in surroundings that take account of your personal, spiritual and religious needs.

It is most likely that the ward cares for both male and female patients. The rooms which will be shared by members of the same sex are the rooms in which you sleep.

Same sex toilets and bathrooms are accessible and close to your bed area.

Patients of the opposite sex will share assisted washing and toilet facilities but not at the same time. Sharing with people of the opposite sex will only happen occasionally as a result of clinical need.

Smoking

King's Mill Hospital is a no smoking site and as such you will not be able to smoke anywhere on site including the car parks, pathways and grounds. This includes the use of e-cigarettes. Please speak to a member of staff if you would like to stop smoking. We can offer advice and refer you to services that support smokers who want to cut down or stop completely.

Car parking

For safety and security, the hospital and its grounds are protected by closed circuit TV and patrolling security staff. There is a charge for parking on site, which contributes to the security measures. Details of charges are displayed in the car parks and the main entrance area. They are also on our website.

If you are likely to use the car park over several days, it may be worth buying a long-stay ticket at a discounted rate.

The main hospital entrance also offers a 15 minute drop-off zone. Porters, wheelchairs and a buggy service are available just inside the main entrance. Please ask a member of staff if you require assistance.

If arriving at peak times, you may experience a short wait in accessing the main car park. Other parking facilities will be signposted – or please ask at the reception desk in the main entrance area.

Our facilities

The following facilities are accessible from the main entrance area:

- WH Smith selling gifts, toiletries, magazines and snacks - there is also an ATM cash dispenser located within the shop, which is free to use.
- Costa Coffee shop.
- Restaurant.
- Daffodil Café.
- Vending machines.
- Multi-faith centre.
- Library trolley.
- Snacks and essentials trolley.
- Customer services.

Important

Please do not use recording equipment in our hospitals – including cameras, videos or audio recordings on mobile phones. Smart home devices such as Alexa, Echo, Google Home and Siri, record conversations and do not support privacy and dignity for other patients, colleagues or visitors, so please don't bring them to hospital.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

- **King's Mill Hospital:** 01623 672222
- **Newark Hospital:** 01636 685692
- **Email:** sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202207-05-ODCU
Created: March 2017 / Revised: July 2022 / Review
Date: July 2024