

INFORMATION FOR PATIENTS

Your operation on Minster ward at Newark Hospital

Welcome to Newark Hospital.

The information in this leaflet has been designed to help you to prepare for your admission. It is therefore important that you read all the information below so you know what to expect when you go to hospital.

Our staff will do everything they can to make your stay as comfortable as possible. Should you need any further information prior to your admission, please do not hesitate to telephone the preoperative assessment department on 01636 685759.

Change of personal or contact details

So that we can keep you fully informed, if any of your personal or contact details change (for example your address, GP or name), please telephone our waiting list department on 01636 685723.

What if I can no longer attend?

If you become ill (with a cold for example) in the week before your operation, are no longer able to attend, or change your mind about having the operation, please telephone the waiting list department as soon as possible on 01636 685723. Please have your consultant's name to hand, as given 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 your stomach is empty before your operation.

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 **8am** - 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 **11am** - examples of clear fluids are water, and tea or coffee **without** milk, sugar or sweetener.

How do I prepare for admission to hospital?

- You **must** arrange for a responsible adult to accompany you home, and to stay with you, or for you to stay with them, for 24 hours following your operation (please contact the unit if you are unable to arrange this).

- 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 and nail varnish must be removed.
- If you are having surgery to your scrotal area (testicles) please bring some supportive underpants with you.
- Take your regular medication on the day of your admission at your usual time, unless you have been informed not to do so at your preoperative assessment.

What will happen on admission?

Please report to the reception desk on Minster ward at the time stated on your letter. Our reception staff will check your personal details with you at that time. All staff should wear name badges and will introduce themselves to you.

You will meet your nurses who will prepare you for surgery and anaesthesia. You will usually meet your surgeon and anaesthetist.

Some questions will be asked more than once - this is all part of a careful checking system.

Please be aware that your admission time is not the time of your operation. The nursing staff will keep you informed about your operation time, though last-minute changes may occur. You could find yourself being there from early morning to late evening

You will be asked to change into a theatre gown before you go to theatre. Nurses will be available to help you if necessary.

What do I need to bring with me?

- Dressing gown and slippers.
- If you are expecting to stay overnight, please remember an overnight bag including basic toiletries.
- Spectacles, hearing or walking aids.
- Medicines – as prescribed or over the counter medicines regularly taken, in their original packaging labelled with your name and your prescription sheet if available.
- Something to read if necessary.

If you are taking antidepressants, anticoagulants, the contraceptive pill, or medication 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 telephone the preoperative assessment unit immediately for advice on 01636 685759 or 01636 685801.

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

After your operation, you will wake in the recovery area, and will then be taken back to Minster ward.

The length of your stay on Minster ward will depend on your surgery and how quickly you recover. You may have already been given this information at your preoperative assessment appointment.

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 before or during your admission.

Visitors on Minster ward

Minster ward does not have much space to accommodate visitors during your stay.

For day case patients, we ask that your relatives, friends or carers only bring you to and from the ward. If you need someone to stay with you please inform the nurse in charge when you arrive for your admission.

Visiting times are 6pm-8pm - this is strictly two visitors only. Please speak to the nurses prior to visiting.

What happens when I am discharged?

On discharge, 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 Minster ward, 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, even if your surgery has been done under local anaesthesia.

If you require a fit to work note, please inform the nurse on admission.

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:

- Drive any vehicle. There may be longer driving restrictions depending on your surgery. Your nurse or doctor will be able to advise you. Always check with your insurance company first before driving.
- Operate machinery or domestic appliances including cookers, kettles and irons.
- Drink alcohol or take sleeping tablets.

You should not return to work on the day following your operation. It may be necessary to stay at home longer, depending on the type of operation you have had. Your surgeon or nurse will advise you on this.

If you feel constipated (a side effect of some pain-killing drugs) visit your chemist to obtain a gentle laxative.

If you feel concerned at all, do not hesitate to contact the ward, your GP, or attend an Urgent Care Centre or your nearest Emergency Department.

Infection prevention and control

Everyone entering our hospital premises (patients, visitors and staff) bring with them a variety of germs. Some of these, in certain circumstances, 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. Alcohol gel for hands should be available throughout the ward.

Please ask your relatives to use it when they arrive onto or leave the ward, or wash their hands before and after visiting you.

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.

MRSA screening

Most patients being admitted to hospital are now screened for MRSA (Meticillin Resistant Staphylococcus Aureus).

Staphylococcus Aureus is a common germ that lives harmlessly under the skin. MRSA is a type of Staphylococcus Aureus that has become resistant to 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 for some procedures your perineum (the area found between the lower end of the vagina and the anus in females and the scrotum and the anus in males). It is painless and will only take a few seconds to complete.

If the result is positive, you will be informed by a nurse and your treatment will begin. 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.

The ward cares for both male and female patients. Certain procedures will involve a shared seated area of male and female patients.

Same sex toilets and bathrooms are easily accessible and provided close to your bed area. Patients of the opposite sex will share assisted washing and toilet facilities but not at the same time.

Smoking

Newark Hospital is a no smoking hospital and as such you will not be able to smoke anywhere on site including the car parks, pathways and grounds.

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, or one of your visitors, 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 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 car parking space.

Our facilities:

- The Mary Taylor Coffee Lounge on the first floor, which sells cards, snacks and refreshments.
- Restaurant.
- Outpatients' tea bar.
- Vending machines.
- Snacks and essentials trolley.
- Chapel.

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.

Respect for people during your visit

We are an inclusive employer and we are proud of our highly skilled colleagues, who have a range of diverse backgrounds. We also care for a diverse group of patients. We do not tolerate physical or verbal abuse or any form of discrimination towards our staff or patients. This includes, but is not limited to, racism, homophobia, anti-religion and sexism. We will robustly manage any such incidents and, where appropriate, will involve the police.

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, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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