

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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 (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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**INFORMATION FOR PATIENTS**

**Welcome to the Day Case Ward**



## Welcome to the Day Case Ward

Our contact telephone numbers are **01623 622515**,  
**extensions 6061 and 2409**.

Day Case is a mixed-sex surgical ward offering many types of surgery, including orthopaedic, gynaecology, general, breast, ear nose and throat, urology and ophthalmic.

We have a strict two-visitor policy between 2pm and 7pm only on the **bedroom side** of the ward (this side is for patients who are expecting a longer procedure or perhaps an overnight stay). We do not allow visitors on the **trolley side** of the ward – this is used for patients who have plans in place to go home the same day. Visiting is allowed on the **overnight side** – please contact your nursing team to discuss this. Your nurse will advise you which area you will be in.

You are able to bring your mobile phone or tablet etc., but please make sure these are fully charged as there are no charging facilities available.

## In preparation for your surgery

You will not be allowed to eat or drink before your surgery; this includes sweets, chewing gum and water.

You are advised not to smoke before your surgery. The hospital operates a no smoking policy on its grounds in line with NHS policy.

Eating, drinking or smoking prior to surgery can result in the surgery being cancelled.

All patients will be admitted on to the Day Case Ward by a nurse, who will ask a series of questions and put a patient wristband on you. If you are allergic to anything you will be given an additional red wrist band. If you require a sick note for work, please ask your nurse at this stage, as you may not see a doctor after your procedure.

All patients will have their observations, such as blood pressure, pulse, temperature, oxygen saturation levels and respiration rate, taken.

Patients may or may not be seen before surgery by the surgeon and anaesthetist.

Some patients have their skin marked before surgery using a special skin pen marker.

Some patients will be prescribed tight fitting socks - these prevent blood clots. In addition, some patients will be prescribed an injection to prevent blood clots; occasionally these may need to be continued at home.

Some patients have blood test taken on the day of surgery. Your nurse will arrange this if necessary.

Patients who have been advised to stop warfarin before to going into hospital will have blood taken to assess their INR level. Once this result is available the doctor will make a decision either to operate if levels are within the normal range, or postpone until levels are within normal range.

Patients who take warfarin will receive a written plan stating when and how much warfarin to take, and when to have the INR level rechecked.

The anaesthetist may prescribe medications to be taken orally (by mouth) before surgery. These are typically analgesics (painkillers) and anti-emetics (medications that prevent nausea and vomiting).

All patients will be asked to remove their clothes and change into a theatre gown (these fasten down the back). Patients undergoing urology, gynaecology and some general and orthopaedic procedures will be asked to remove their underpants. Disposable pants are available.

All female patients will be asked to remove their bra for all types of surgery.

Patients are asked to put on slippers and a dressing gown over the theatre gown to maintain modesty.

Jewellery and body piercings must be removed.

Nail varnish/polish and make up should also be removed before theatre. This allows for a correct visual assessment of the patients' skin tone and oxygen levels.

We have lockers available for patients to use – these are free of charge.

It is hospital policy that all female patients who are 50 years of age or below will need to provide urine sample. This is for a pregnancy test on the day of surgery. It applies to all females including ones that have been sterilised. Male patients do not need to bring a urine sample on the day.

You will be transferred to theatre when the theatre staff request this. Please be aware this can involve several hours of waiting.

You will be transferred into a waiting area before theatre and your personal information will be rechecked again by theatre staff.

Once you transfer into the anaesthetic room your details will be checked again. Monitors will be placed on your chest and arm and you will be asked to breathe oxygen via a mask. It is here that a cannula (a small plastic tube into your vein) will be placed. This is used to administer drugs. It will remain in place until after your surgery and you have eaten, had a drink and are mobile.

## What to expect following surgery

Immediately following surgery you will be transferred into the first stage recovery area where your observations will be taken.

You will remain here until you are sufficiently recovered to return to the Day Case Ward.

## What to expect when you return to the Day Case Ward

On your return you might be continued on oxygen therapy via a mask or nasal cannula. Your observations will be taken several times along with your pain and nausea score.

You will be given something to eat and drink as soon as possible. Please be aware that patients who have had nose or throat surgeries may only be advised to eat and drink a cool, soft diet for 24 hours following surgery.

With the doctor's agreement, your stay on the ward may be as little as two hours following your surgery, but it could involve an overnight stay. Many patients are discharged by a nurse, so you may not see a doctor before you go.

## Discharge home

You will be given a letter to go home with stating what you have had done, when and who by. You are expected to have a supply of paracetamol and ibuprofen at home (if you are able to take these) as they are not supplied by the hospital. If you need additional medications that are not available over the counter these will be supplied, unless they are already prescribed to you.

Any wound care and dressing instructions will be given to you before you leave.

If necessary, any follow-up outpatient appointments will be made for you. Please be aware that not all surgical procedures require a hospital follow-up appointment.

You will need to provide your own transport home and must be accompanied by a responsible adult escort. If English is not your first language, you may have a friend or relative who speaks English with you to make sure you understand the information given. However, a phone translation service is available if necessary.

You will need a responsible adult to be with you for 24 hours following your discharge from hospital.

## Important information

If any of the following applies to you before attending for your surgery, please contact your GP to ensure you are fit enough to go ahead:

- You are on antibiotics for any kind of infection.
- You have a productive cough or cold or have a raised temperature.
- You have been diagnosed with a new medical condition since your pre-assessment.

If you have any questions you would like to ask before attending please contact the Day Case Ward on **01623 622515, extension 2409 or 6061** but please have an English speaking friend or family member to hand if your English is limited.