



Patient Information Sheet

Your Surgical Admission

Hospital Number _____

Surgical Procedure _____

Consultant _____

Pre-op Assessment Details

Date of Assessment _____

Assessed by _____

Useful Contact Details

PreAMS (Stoke)	01782 676561 (Sunday to Friday - 8am – 6pm)
PreAMS (County)	01785 236197 (Monday to Friday - 8am - 6pm)
Switchboard UHNM	01782 715444

Please Read Instructions on how to use this booklet

This booklet will provide you with information about your admission and what you need to do after your pre-assessment to prepare yourself for your scheduled procedure.

Please read the pre-op instructions in this leaflet, especially the section on medication on page 3 and 4. If you do not follow the medication instructions, your procedure may be cancelled or delayed.

If after reading the information you have any concerns or further questions, please speak to a member of the healthcare team.

Your Admission Details

Date of Admission ____/____/____

Time of Admission ____:____

- ☐ To be arranged following your pre-assessment

It is expected that your admission will be

- ☐ **Day Case** – You are expected to go home the same day as your procedure.
- ☐ **Inpatient** – You will stay in hospital until your consultant is happy for you to go home after your procedure.

Details about your MRSA/MSSA swabs

You have been swabbed for:

- ☐ MRSA ☐ MSSA ☐ Screening not Required
- ☐ Your Swabs are valid until ____/____/____
- ☐ Start precautionary treatment on ____/____/____ ☐ not applicable

Pre-op MRSA / MSSA Screening before your procedure

- You may have been screened for MRSA/MSSA (Staphylococcus Aureus) during your pre-assessment.
- MRSA lives harmlessly on the skin of around 1 in 30 people, usually in the nose, armpits or groin. This is known as "colonisation" or "carrying" MRSA.
- Having MRSA on your skin will not make you ill and it may go away on its own without you noticing. If you are a carrier however, it could cause problems, such as a post-op wound infection.
- If your swabs show you are carrying MRSA, you will be given treatment including a body wash, nasal ointment and/or antibacterial cream that you need to use before your procedure.
- If your PreAMS appointment is very close to your date for procedure, then you may be given precautionary treatment.

Important Pre-op Medication Instructions

Medications that you need to Stop before your Procedure	
Medication	When to Stop

Instructions about medication that affects your blood clotting	
Medication	When to Stop
	Stop ____ days before your procedure
Additional instructions (e.g. number of missed doses/bridging)	
Medication	When to Stop
	Stop ____ days before your procedure
Additional instructions (e.g. number of missed doses/bridging)	

Important Diabetic Pre-op Medication Instructions

Diabetic Medication you need to stop the morning of your Procedure	
Diabetic Medication you need to stop the day before your Procedure	
Additional Instructions	

Diabetic Medications you need to adjust before your Procedure		
Medication	Time Taken	Change dose to
Additional Instructions		

- Please continue all other medications on the morning of admission.
- Ensure you have a supply of simple pain relief such as Paracetamol or Ibuprofen at home ready for your discharge from hospital.

Confirming your Admission

As soon as you receive your admission letter, use the telephone number at the top to telephone your consultant's secretary to let them know you can attend for your procedure.

If you do not confirm your attendance, your procedure date may be allocated to another patient.

Cancelling your Admission

Please let us know as soon as possible if you need to cancel your admission so it can be allocated to someone else. Use the number at the top of your admission letter. You are advised to discuss with your consultant the implications of not having this procedure.

Preparation for your Procedure

To make sure you are fit and ready for your procedure, you may be asked to have some tests, such as an ECG (tracing of your heart) or blood tests.

Other preparation includes:

- Discussing with you any risks identified.
- Checking that any medical conditions you have are safely managed before your procedure.
- Planning any extra care required before, during or after your procedure.
- Making sure the right tests are arranged based on your health, type of anaesthetic and the procedure you are having.
- If needed, you may be asked to have further tests, like a heart or breathing test. (These may be arranged on a separate day from your pre-assessment).
- A separate appointment with a consultant anaesthetist if needed, may be arranged to discuss your care in more detail.
- You may be screened for MRSA or MSSA (types of skin bacteria) during your pre-assessment to help prevent infection following your procedure.
- If your procedure is close to your Pre-op assessment, you may be given precautionary treatment for MRSA/MSSA to help prevent infection.

Get Fitter, Better, Sooner

It is completely normal to feel anxious if you are coming into hospital for a procedure or operation. So that you can feel better and recover faster following an operation, we have provided some information below to help you be the healthiest you can be before your operation takes place. This will benefit you greatly during your recovery period and provide a more successful outcome.

Tips to help prepare you for your procedure:

<https://www.uhnm.nhs.uk/our-services/pre-admission-management-service-preams/>

or scan the QR code



Give up Smoking

Smoking increases the risks associated with an anaesthetic and can cause poor wound healing and infection, so **stop smoking** as soon as you can.

If you find it difficult to stop completely, try to cut down and then stop altogether for 24 hours before admission.

Some surgical procedures require you to stop smoking altogether. This will have been discussed with you if it applies to your surgical procedure.

Reduce your Alcohol Intake

Alcohol can alter the way you respond to anaesthesia and pain relief.

It can affect your recovery and increase the risk of heart and lung problems as well as excessive bleeding during or after surgery.

To best prepare yourself for surgery, **reduce your intake of alcohol** if you regularly drink more than 14 units of alcohol per week.

Increase your Activity

Increase the amount of exercise you do daily, such as adding a short walk to what you normally. This will improve the fitness of your heart and lungs and can also aid weight loss.

Eat healthily and manage your weight

Eat healthy. If you are overweight, making small changes to what and how much you are eating will help during and after surgery.

Preparation Checklist before your Procedure

7 days before your procedure	☐ Check your admission date and time. ☐ Ensure you arrange transport to and from hospital. ☐ Arrange to have someone to stay with you for the first 24 hours after leaving hospital. ☐ Make sure you have enough medication to bring with you including a supply of pain relief and bring a copy of your repeat medication prescription
6 days before your procedure	Inform your consultant's secretary if you have any of the following symptoms in the next 6 days before surgery: - You feel unwell. - You have a cough or cold. - You have diarrhoea. - You have Covid symptoms.
5 days before your procedure	☐ Check your medication instructions. ☐ Important: If you were given a pink blood transfusion card, return to PreAMS for your blood test in the next 3 days. This is a walk in service and no appointment is needed.
4 days before your procedure	☐ Pack your bag and include your slippers and a clean dressing gown. Please leave valuables at home. ☐ Make sure you have a copy of all your emergency contact numbers.
3 days before your procedure	Minimise contact with people outside of your household from now to reduce your risk of infection.
2 days before your procedure	☐ Confirm your fasting instructions. This is the last day you can attend PreAMS if you were given a pink blood transfusion card.
1 day before your procedure	☐ Remove all nail varnish/gel polish, false nails and all piercings. ☐ Important: If you have been given pre-op bowel preparation you need to take it today. (please follow the instructions carefully). Please do not smoke or drink alcohol.

Fasting Instructions before your Procedure

Morning Admission between 7am-8am

From 2:30am on the morning of your procedure.	Do not eat anything , including sweets or chewing gum.
Until you leave home to come to the Hospital	You can drink clear fluids such as water, well diluted squash, and black tea or coffee (a small dash of milk is ok). No fizzy drinks or fruit juice containing solids (e.g. fruit pulp).
On admission to the Ward	You can sip from a glass of water until you are called for theatre (max 170ml per hour). Do not use personal bottles or water jugs. Some patients may be exempt from this guidance. This will be discussed with you on your arrival to the ward.

Admission between 11:00 and 12:00 noon

From 7:00am on the morning of your procedure	Do not eat anything , including sweets or chewing gum. You may have a light breakfast before 7:00am of cereal or toast.
Until you leave home to come to the Hospital	You can drink clear fluids such as water, well diluted squash, and black tea or coffee (a small dash of milk is ok). No fizzy drinks or fruit juice containing solids (e.g. fruit pulp).
On admission to the Ward	You can sip from a glass of water until you are called for theatre (max 170ml per hour). Do not use personal bottles or water jugs. Some patients may be exempt from this guidance; this will be discussed with you on your arrival to the ward.

If you do not follow the above instructions your procedure may be delayed or cancelled.

If you are given bowel prep to take the day before your procedure, you must follow the bowel prep information leaflet, as the fasting instructions will be different to above.

Hospital Bag Checklist

Day Patient Instructions

Please bring with you:

- ☐ A current copy of your repeat prescription.
- ☐ All medicines you are taking in their original boxes. This ensures you have access to your correct medication, prevents you missing doses and speeds up your discharge. Please leave controlled drugs at home.
- ☐ Glasses. If you wear contact lenses, please remove these prior to your procedure and bring a pair of glasses to wear instead.
- ☐ Hearing aids and dentures if worn.
- ☐ Walking aids if used.
- ☐ Your CPAP machine if you use one at night-time.
- ☐ A dressing gown, socks and slippers.
- ☐ A mobile phone if you wish, however you will need to keep it on silent so you do not disturb other patients.

Overnight (Inpatient) Patient Instructions

Please bring with you:

- ☐ Underwear.
- ☐ Nightwear or loose comfortable day wear.
- ☐ Soap or shower Gel.
- ☐ Shampoo and Conditioner
- ☐ Toothbrush, Toothpaste or Denture Cleaner.
- ☐ Deodorant.
- ☐ Razor if needed.
- ☐ Small change for newspapers etc.

Diabetic Patient Instructions

If you are a diabetic, please bring with you:

- ☐ Your blood glucose testing equipment you use at home.
- ☐ Glucose tablets or a sugary drink.
- ☐ Insulin and any tablets you usually take for your diabetes.
- ☐ Any routine medicines you take that you have been advised to continue with on the morning of surgery.

On the day of your procedure

Please follow the information below so you are prepared for your admission.

- Have a shower or bath on the morning of admission. If you have been given MRSA/MSSA treatment, ensure you use the antibacterial body wash you were given.
- Allow enough time to travel and park at the hospital.

Royal Stoke Hospital. 'Drop-off' spaces are at the front entrance.

County Hospital. Please park on the patient and visitor's car park.

For more information on getting to the hospital and car parking please visit [https://www.uhnm.nhs.uk /getting-here/](https://www.uhnm.nhs.uk/getting-here/)

or scan the QR code



- Please report to the ward reception at the time stated on your operation admission letter.
- Relatives are not permitted to stay on the unit with patients unless there are special circumstances, or it has been pre-arranged.
- Those patients who are able, may walk down to theatre. They need to walk in their slippers and wear a dressing gown, fleece or cardigan. This is to make sure you keep warm whilst waiting to go to theatre, as your bed may not be immediately available, and you may be asked to wait in the ward waiting area.

Going Home after your procedure

- A member of the ward team will talk to you about your post-op care and prepare you to go home.
- Medication changes will be discussed with you.
- Written information will be given to you that is needed before you leave hospital.

In the first 24 hours following surgery

General anaesthesia affects your reflexes and judgment, so it is important if you are having your procedure as a day case that a responsible adult stays with you for 24 hours following your operation.



Do not:

- **You must not drive for 24 hours after surgery.** Ensure you plan for someone to collect you and take you home.
- Do not operate machinery.
- Do not do tasks that would put you at risk (e.g. climbing ladders).
- Do not drink alcohol.
- Do not be in sole charge of children.
- Do not sign legal documents including cheques.
- **Do not travel by air or go on any long journeys greater than 4 hours until at least 6 weeks after major surgery. Please discuss this with your consultant.**
- **Avoid manual work or lifting anything heavy until safe to do so as advised by your consultant.**

Your Recovery

- Make sure that after your procedure you move around as soon as you can following your consultant's advice. This encourages your blood to flow and reduces the risk of developing a blood clot.
- Moving around also encourages your wounds to heal and helps build up strength in your muscles.
- Try and do some of the things you would normally do and build up gradually. You can stop and rest frequently at as first you may feel more tired than normal.

Contact details

Royal Stoke Hospital, Newcastle Road, Stoke-on-Trent, ST4 6QG

Switchboard- 01782 715444

County Hospital, Weston Road, Stafford, ST16 3SA

Switchboard- 01785 257731

Accessing your health records

UHNM offers a free online patient portal called Patients Know Best® (PKB) which provides you with access to your personal health information and is designed to improve your patient experience.

Download the PKB App which provides you with all of your information securely stored in one place. Instant notifications alert you when new information is made available.

To sign up to PKB follow the web link:

<https://www.uhnم.نhs.uk/our-services/patients-know-best/>

or scan the QR code



Use this space to record any other additional information relevant to your admission, such as family /friends telephone numbers, dates to attend for blood tests or investigations.