How can I help to reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming into and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on Twitter @buckshealthcare
Welcome
Gynaecology patients undergoing elective surgery whose hospital stay could be less than 24 hours, are being admitted after their operation to the 23 hour Elective Unit. This pathway will follow the principles of the Enhanced Recovery Programme. Please refer to NHS Choices website for more information:
http://www.nhs.uk/conditions/enhanced-recovery/Pages/Introduction.aspx

This leaflet sets out information for admission to the 23 hour Elective Unit. Please take time to read this important information so that you are properly prepared for your visit.

If you are unable to come for your operation/procedure for any reason, please contact Booked Admissions 01296 316190 or 01296 315015 as soon as possible.

If you have any medical questions or problems please telephone the preoperative nurse on 01494 426589.

If you have any illness, even a cold, cough or sore throat, on the day of your operation please telephone the ward for advice on 01296 316500

How do I get there?
For directions to Stoke Mandeville Hospital please see the Buckinghamshire Healthcare NHS Trust website.
http://www.buckshealthcare.nhs.uk/For%20patients%20and%20visitors/maps

On the day of your admission you will need to arrive at WARD 15 on the Surgical Floor at Stoke Mandeville Hospital. Use Entrance 2 and enter the hospital via the Outpatients entrance. (20 minute drop off parking bays are available outside the building.) Walk past Reception which is on your right-hand side and the Surgical Wards are on the first floor which can be accessed via the lift or stairs as signposted.

Please feel free to ask any questions at any time and tell us if anything is troubling you.

Useful Contact Numbers
Pre-op Nurse
01494 426589

Booking team
01296 316190 or 01296 315015

Ward 15, Stoke Mandeville Hospital
01296 316500

Ward 16B, Stoke Mandeville Hospital
01296 418110/418111

23 Hour Elective Unit, Stoke Mandeville Hospital
01296 316825

We continually strive to improve the quality of information given to patients. If you have any comments or suggestions regarding this information booklet, please contact:

Division of Women, Children & Sexual Health Services
Buckinghamshire Healthcare NHS Trust
Stoke Mandeville Hospital
Mandeville Road
Aylesbury
Buckinghamshire
HP21 8AL
Prior to discharge
A nurse will give advice as to what you do following your discharge. You may be given some medication to take home with you. If you are not yet ready for discharge home, we will transfer you to Ward 16B where we can continue to look after and monitor you.

After your discharge
Please ensure that you arrange for a friend or relative to take you home. You should be collected from the rear door of the Day Surgery Unit. Hospital transport can only be arranged in exceptional circumstances.

At your discharge you will be given a copy of your Discharge Summary. The original Discharge Summary is sent electronically to your GP immediately. If hospital follow up is required an appointment will be sent to you.

After your discharge from hospital, if you have any concerns about your recovery you can contact your preoperative nurse for advice.

If it is out of hours, then phone the out of hours GP service, however if it is an emergency you will need to call 111 or 999 to request an ambulance to be taken to your nearest A&E department.

If you require a medical certificate for your employer please ask at the beginning of your stay.

Important instructions

<table>
<thead>
<tr>
<th>It is essential for your safety that you follow these instructions exactly. Failure to do so may result in your operation/procedure being cancelled. Diabetes patients will be given separate instructions regarding their diabetes medication.</th>
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Patients on the morning list: (07:30am Admission time)

**FOOD:** Do not eat anything after midnight (this includes chewing gum and sweets).

**DRINK:** You may drink clear fluids eg water, black tea or black coffee up to 06:30am on the day of your operation/procedure. After this you should not drink anything at all. However, you may take your normal medication with a sip of water.

Patients on the afternoon list: (12:00noon Admission time)

**FOOD:** You may have a light breakfast (cereal or toast) but nothing to eat after 06:30am (this includes chewing gum and sweets).

**DRINK:** You may drink clear fluids eg water, black tea or black coffee up to 10:30am on the day of your operation/procedure. After this you should not drink anything at all. However, you may take your normal medication with a sip of water.
Preoperative assessment
You may have already completed a Health Status Questionnaire. Should you require a full preoperative assessment before your operation/procedure the appointment may be enclosed or sent to you separately.

Please remember
As a general rule we do not encourage relatives to wait in the Unit as there are limited facilities and you may have to wait for some time before going to theatre.

Before you come in:
- We recommend that you have a supply of pain relief, such as paracetamol or ibuprofen at home
- Please have a bath or shower
- Do not wear any make up
- Remove any nail varnish or false nails (Acrylic and Gel)
- Remove jewellery (apart from wedding rings)
- DO NOT smoke on the day of your operation

Please bring with you:
- Medicine – please bring any medicines or tablets that you are currently taking (this includes inhalers)
- Your dressing gown, slippers, nightdress or pyjamas and cotton underpants (not thongs). Comfortable day clothes can also be brought in
- Washbag, toiletries and towel
- Please bring sanitary pads with you. (Tampons should not be used for 8 weeks after gynaecological surgery)
- You may bring in a mobile phone (please check with member of staff) which must be kept on SILENT mode and visitors’ phones MUST be switched off
- Reading material or something to occupy yourself during your stay. You are allowed to bring in a battery operated/fully charged laptop, DVD or radio (with headphones)
- Unfortunately we are no longer allowed fresh flowers on the ward

Please do not bring:
- Large amounts of money or any other valuable items.

On the day of your operation
On your arrival you will be greeted by a member of staff and your personal details will be checked. The nursing staff will complete the admissions procedure.

If you are still having periods and have had unprotected intercourse within 4 weeks of your admission, please alert us as soon as possible. A pregnancy test may be checked before the operation or procedure.

Your surgeon and anaesthetist will see you and explain your operation and the type of anaesthetic that will be used. The surgeon must obtain or check your consent to any operation or procedure beforehand. He/she will explain the risks, benefits and alternatives to surgery before he/she asks you to sign the consent form.

When it is time for your operation a nurse will walk you to theatres (unless specialist assistance is required).

After your operation
Initially, you will be taken to the recovery area, which is where you will begin to wake up. At first you will probably feel drowsy and a little sore around the site of your operation. Additionally your throat may feel a little dry. Your pulse and blood pressure will be measured regularly.

Once the recovery staff are happy with your condition you will be taken to the 23 hour Elective Unit, which is in the Day Surgery Unit for the remainder of your care.

Visiting times: 6:00pm – 8:00pm
You will be provided with light lunch and/or dinner as well as a light breakfast whilst on the unit.