

Before your operation/procedure please read and follow these Instructions:

If your operation is in the morning

- **Do not** eat any food after midnight.
- Drink clear fluids such as black tea or coffee, sugar-free squash or water up to 6am - **It is vital that you do this.**
- **Take all your medications with a sip of water unless instructed otherwise.**

If your operation is in the afternoon

- Eat breakfast **before 7am** and take no food after this time.
- Drink clear fluids such as black tea or coffee, sugar-free squash or water up to 11 am - **It is vital that you do this.**
- **Take all your medications with a sip of water at the usual times unless instructed otherwise.**

How can I help 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 in to or 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.

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Information for
people on regular
medications who
are about to come
into hospital and
undergo surgery

Patient Information Leaflet

If you require a translation or an alternative format of this leaflet please call the Patient Advice and Liaison Service on 01296 316042

Safe & compassionate care,

every time

Bringing your medicines into hospital

Please bring in all your medicines with you when you come in for your operation.

Please bring your medicines in the original container, dispensed with the label from your Pharmacy.

Why do I need to bring in my medicines?

- This helps the hospital to get an accurate medication history
- Avoids missing doses and maintains continuity of care
- There is less confusion between old and new medicines when you leave the hospital
- And there is more information about medicines available

When you come in your medication will be reviewed to make sure it is the most appropriate treatment for you. If they are, the drugs will be placed in a locked bedside cabinet along with any new medicines for your treatment.

What medicines should I bring into hospital?

Bring all medicines you are currently taking. This includes inhalers, eye drops, creams, oral contraceptives and those bought over the counter such as vitamins or pain relief.

Will they get thrown away?

Medicines that are part of your treatment will not be thrown away and will be returned when you go home. Any medicine that is no longer required or changed to an alternative will be safely disposed of with your agreement.

What happens when I go home?

A pharmacist will check that you have enough medicines labelled with instructions. Usually you will have about one months supply of medicines you take continuously, but not less than 2 weeks. You may also be given antibiotics and analgesics (pain relief) as required for your recovery.

Your personal Instructions for taking your medications

1.If you are taking the oral contraceptive combined pill then you are strongly advised to discontinue 4 weeks prior to surgery.

2. Specific individual medication changes as follows:.....
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3. Take all other medications as normal, at the usual time, with a sip of water

4. After surgery ensure you receive your regular tablets unless instructed otherwise.

Signed.....
Date.....