

Healthy Lifestyle Services

Live well, stay well	www.livewellstaywellbucks.co.uk
Stop smoking	Bucks smoke free support service Call 0845 2707 222
How much is too much	Alcohol assessment information www.http://dontbottleitup.org.uk
Love your liver	www.britishlivertrust.org.uk
British Red Cross	Home from hospital service, Buckinghamshire Call 01296 739303

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.

www.buckshealthcare.nhs.uk

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Major Colorectal Surgery

Recommended Patient
Information Leaflets
Before surgery

If you require a translation or alternative format of this leaflet please contact PALS on 01296 316042

Safe & compassionate care,

every time

Before having your major colorectal surgery we know there is a lot of information to take in. We do not want to overwhelm you, but there are certain things that are important for you to know.

Below are our 'recommend patient leaflets' from our websites:

<http://www.buckshealthcare.nhs.uk/For patients and visitors/patient-information-leaflets.html>

- for patients and visitors (top heading)
- information leaflets (left hand side heading)

Under GENERAL Deep Vein Thrombosis-reducing the risk	
Under INFECTION CONTROL Good hand hygiene benefits everyone	
Under SURGERY About the consent form	
Discharge advice	
Enhanced Recovery Programme Enhanced Recovery Diary	√ √
Epidural pain relief after surgery	
How to get fit for surgery	
How to recognise and prevent complications after surgery	
Patient Charter	
Preload Carbohydrate drinks	
Pre op advice for overweight patients: Your BMI is currently...	

Preparing for your stay	
Management of pain following surgery – move this to the end	

<http://www.rcoa.ac.uk/clinical-standards-quality/patient-information-leaflets>

Anaesthesia explained	
You and your anaesthetic	
Your spinal anaesthetic	
Your anaesthetic for major surgery involving a high dependency or ITU stay	
Anaesthesia risks for more specific information	

<http://hospital.blood.co.uk/patient-services/patient-blood-management/patient-information-leaflets/>

Patient blood management	
Iron in your diet?	
What is anaemia?	
Information for patients who have received an unexpected blood transfusion	
Will I need a blood transfusion?	