

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**

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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Preparing for a hospital stay

Patient information leaflet

If you require a translation or an alternative format of this leaflet please call PALS (Patient Advice & Liaison Service) on 01296 316042

Safe & compassionate care,

every time

Preparing for a hospital stay

We aim to operate upon all patients within 18 weeks of referral from your GP. In order to achieve this we need your assistance. Please inform your booking coordinator of any commitments you have including holidays booked, work and family commitments which means you might not be able to attend for surgery on a given date. If you are found to have other medical problems that need treating prior to surgery, then it may not be possible to operate within 18 weeks.

How do I get fit for my operation?

Please read the leaflet 'How to get fit for my operation' which provides specific advice. This can be found on the Bucks healthcare public website, or can be obtained from the clinic nurse.

What do I need to prepare at home?

You may be away from home for just a day, a few days, or a prolonged period. When you return it may be the case you are unable to undertake normal chores. Here are some ideas of things you may like to consider:

- Make sure pets and dependents have care arrangements set up
- Stock up on over the counter pain killers (Paracetamol and Ibuprofen), and laxatives (lactulose, Sennacot). If you need stronger painkillers on discharge they will be provided.
- Make sure you have enough of your normal prescription medications to last you for at least 2 weeks at home.
- If you have a freezer it may be advisable to freeze your favourite meals, bread etc. in preparation for your return home.

If you change your mind

If you do not want or you think you no longer need an operation, please contact your booking coordinator as soon as possible to discuss this.

If you become unwell

We aim to operate on people who are as fit as possible as this reduces the chance of post operative complications. Please read the leaflet 'How to get fit for my operation' if you have long term medical problems, smoke, or are overweight.

If you develop a cold, flu or diarrhoea, it may be wise to postpone your procedure until you have recovered. However if your procedure is urgent, it may not be advisable to delay. Please contact your booking coordinator or pre-assessment nurse immediately to discuss the situation.

What to bring with you?

Storage space is limited, so pack a small bag. Depending upon how long you are likely to stay, bring the following items:

- ALL MEDICINES – including inhalers, creams, eye drops etc in their original packaging.
- Nightwear, warm dressing gown, and lightweight comfortable shoes or slippers
- Comfortable day clothes and underwear
- Wash kit, towel, shaving, and denture equipment
- Glasses and hearing aid if needed
- Walking frames, sticks, crutches as necessary
- Sanitary towels or tampons as needed
- Books, magazines, pens and paper
- Money for newspapers, and television
- We strongly advise that you do not bring in any jewellery or large sums of money. The trust does not take responsibility for loss nor damage to your personal property.

Starvation Instructions

A week before surgery Patients with diabetes should contact Diabetes Centre staff on **01296 315308** for guidance on insulin dose adjustments.