

Patient advice sheet

When you are asked to come in for orthopaedic trauma surgery at Stoke Mandeville Hospital

We are Trauma and Orthopaedic department. Our staff have a wealth of experience in caring for orthopaedic injuries. Please take time to read this information so that you are properly prepared for your visit.

Please be aware that your surgery is being performed on a Trauma and Emergency list. Depending on whether there are cases that are clinically more urgent, your case may get deferred until later in the day or be deferred until another day. We will try our utmost not to let this happen and will keep you informed of what to expect if there are any changes.

If you have any questions, problems or you are unable to attend please call the trauma coordinator on 07929 852 788 or Day Surgery Unit on 01296 315 637. Alternatively, you can get in touch with your consultant's secretary.

General Anaesthetic

For more information: The Royal College of Anaesthetists has information leaflets available in English and other language versions. You can visit their website: [Patient information leaflets and video resources | The Royal College of Anaesthetists \(rcoa.ac.uk\)](#)

Please feel free to ask any questions at any time and tell us if you have any concerns.

On the day of admission

Before you come, please:

- Ensure you have a bath or shower
- Remove any make up/ nail varnish/ false nails
- Be prepared to remove any jewellery

Please bring with you:

- An overnight bag (night clothes, slippers, and wash bag) in case you need to stay in hospital. We have planned your surgery as a Day Case
- Reading material or tablet, phone and chargers to keep you occupied
- Any medication you are regularly taking, unless told otherwise.
- **All patients having their surgery done as a day case must have a responsible adult to collect them and stay with them for 24 hours post operatively**

Morning admission time

**Come to Day Surgery Procedures
Unit at 7:30am**

Fasting instructions

For an early morning admission time:

FOOD: You must not eat anything after **2:00am (this includes any drinks with milk, fizzy drinks, chewing gum and sweets).**

DRINK: You may drink water up to **6:00am** on the day of your operation/procedure. After that you should not drink anything at all

Afternoon admission time

**Come to Day Surgery Procedures
Unit at 11:00am**

Fasting instructions

For a late admission time:

FOOD: You must not eat anything after **6:00am (this includes any drinks with milk, fizzy drinks, chewing gum and sweets).**

DRINK: You may drink water up to **10:00am** on the day of your operation/procedure. After that you should not drink anything at all

You can take any usual medication with a small amount of water and any inhalers as normal. Please discuss with the Doctor or Trauma Coordinator if you are unsure.

Please always let us know if you take insulin or blood thinning medication. Ring and check with us how to adjust their dosing before and after surgery.

Before your operation

The order of the theatre list is only confirmed on the day and may be subject to change, so please be prepared to wait before your procedure.

The surgeon will see you and explain your operation, the risks, benefits, and alternatives to surgery before you are asked to sign the consent form. Consent must be obtained before any operation or procedure.

The anaesthetist will also see you on the day of surgery. You will be asked questions about your medical history. The benefits and risks relating to the different anaesthetic options will be discussed with you.

After your operation

Initially, you will be taken to the Recovery area which is where you will start to wake up. You will then return to the Day Surgery Procedures Unit so you can continue to recover and then be given something to eat and drink. Depending on the nature of the surgery you could expect to remain in the Unit for 2-4 hours after the operation/procedure.

Prior to discharge

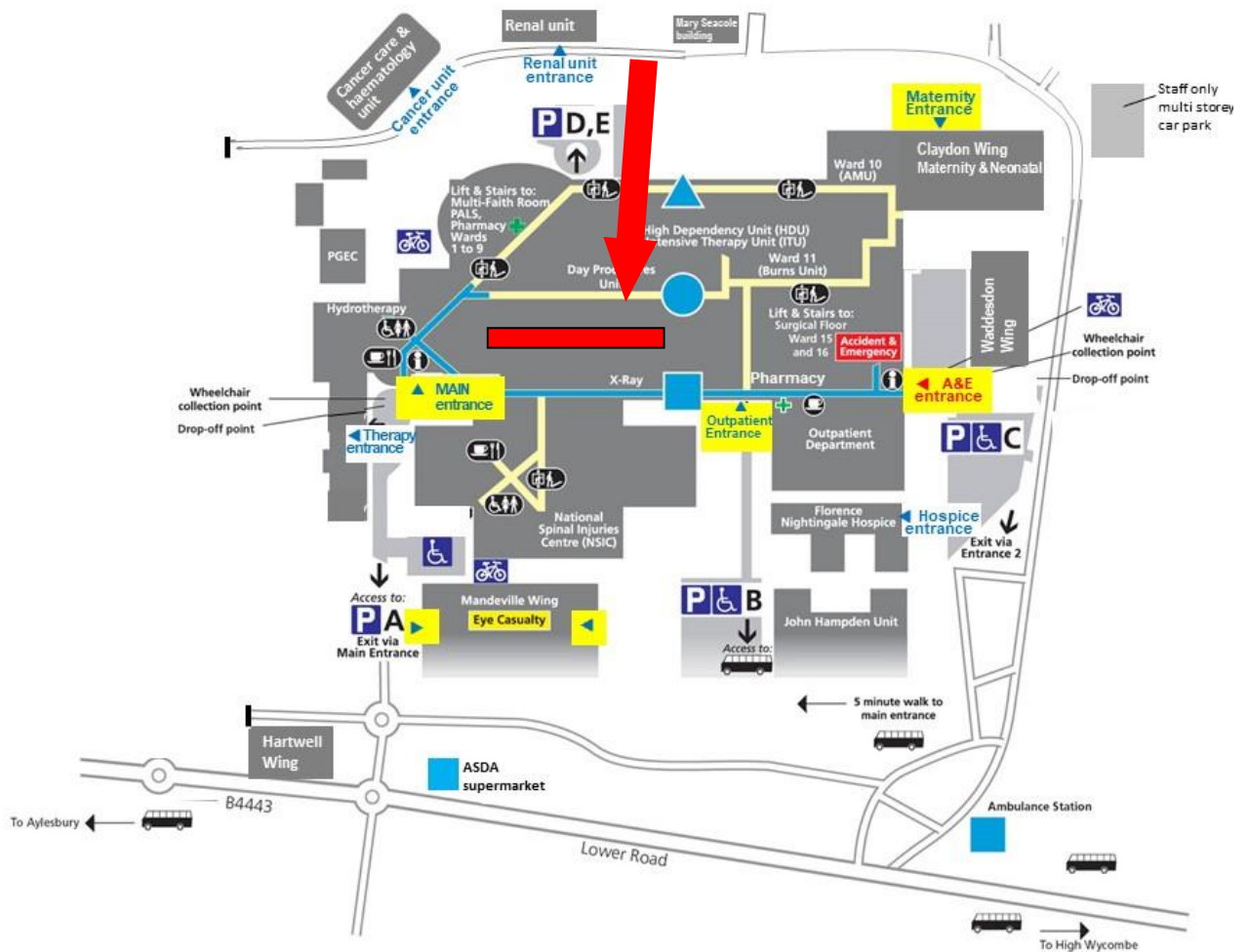
A Nurse will give you advice and an information leaflet as to what to do following your discharge. You may, if necessary, be given some medication to take home with you. You will be given details of any follow up treatment required and advised whether the surgeon needs to see you again.

You will also be given a copy of your discharge letters for your records and your GP will also be sent a letter electronically.

Getting here

Day Surgery Procedures Unit is based at Stoke Mandeville Hospital on the Ground Level, Circle Corridor (marked in red on the map). The ward opens at 7:30am. Please report to the Day Procedures Unit reception when you arrive.

Use Hospital Main Entrance or Outpatient Entrance.
Suggested Car Park: A or B



How can I help reduce healthcare associated infections?

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention and 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 and after leaving the ward and to wash your hands using soap and water at every opportunity.

Patient Advice Sheet

Contact our patient advice and liaison service (PALS) on 01296 316042 or bht.pals@nhs.net