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**Day Procedure Unit (Easy Read Information)**

**Important Information about Your Operation**

**General information for patients having a General Anaesthetic**



The Day Procedure Unit is open from 7am-8pm Monday to Saturday.

**Your appointment for your operation is on.....**

If you can not come on that day please phone on 01603..... so they can change your appointment time.

**About your operation**

You are having a **general anaesthetic** which means you will be asleep when you have your operation.

This means you need someone to **drive you home** after your operation and for someone to **look after** you for at least one day after you go home from hospital.

Please bring with you all your **tablets** that you take at home.

**You must follow the instructions for eating and drinking on the day of your operation.**

For a **morning** operation – you must have nothing to eat from midnight, then only clear fluids until 6am-After 6am nothing to eat or drink.

For an **afternoon** operation – you may have a light breakfast which must be completed by 7am, then clear fluids until 11am. After 11am nothing to eat or drink.

**Clear fluids** - plain water or orange / lemon squash, black tea or black coffee.

Please do not have any fizzy drinks, fruit juices, alcoholic drinks or milk.

**Light breakfast** - cornflakes or similar, toast or bread, no porridge or cooked foods.

You should not eat chewing gum or sweets after midnight for a morning operation or after 7am for an afternoon operation.

Before your operation you will see the **doctor** who will talk about your operation.

You will get **changed** into a hospital gown, dressing gown and a pair of slippers and we will walk you to the theatre.

Jewellery, decorative piercing, false nails, nail varnish and make up should be **removed**.

### **After your operation**

You will return to the ward and you will be given something to **eat and drink**.

When you are comfortable you will be helped to get **dressed** then you will be able to go home.

After having a **general anaesthetic** for 1 day you should not

- Drive a car or ride a cycle.
- Take any legal decisions or sign legal documents.
- Go to work.
- Operate machinery.

If you have any other **questions** or need more information before your treatment please phone the **Day Procedure Unit 01603 286000**, or look on any of the relevant websites listed below.

**Useful websites:**

British Association Day Surgery  
Web address: [www.daysurgeryuk.org](http://www.daysurgeryuk.org)

Anaesthetic Website [www.youranaesthetic.info](http://www.youranaesthetic.info)

For help Giving up Smoking: contact Smokefree Norfolk local freephone 0800 0854 113 or [www.smokefreenorfolk.nhs.uk](http://www.smokefreenorfolk.nhs.uk) or email [smokefreenorfolk@nchc.nhs.uk](mailto:smokefreenorfolk@nchc.nhs.uk)

For use in the Day Procedure Unit, Norfolk and Norwich University Hospital NHS Foundation Trust

