



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-10pm Monday to Friday.

Your operation is on..... If you cannot come on that day, please phone the number on your invite letter 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.

You must follow the instructions for eating and drinking for 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.



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

Please bring your dressing gown and slippers to hospital.



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 motorcycle.
- 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

Anaesthetic Website www.youranaesthetic.info

For help Giving up Smoking: contact Smokefree Norfolk local

freephone 0800 0854 113 or www.smokefreenorfolk.nhs.uk or email smokefreenorfolk@nchc.nhs.uk

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

