

## Important Information about your admission

### Your Appointment for surgery is on –

Date: .....

Time: .....

Admission destination: .....

Your Consultant: .....

### What can I eat before my surgery?

If your admission time is **07:00** please follow these instructions:

- **You must have nothing to eat from midnight, then only clear fluids\* until 06:00am - This can be water/squash/black tea/black coffee. You can continue to drink 30mls of water every hour prior to your procedure.**

If your admission time is **11:00** please follow these instructions:

- **You may have a light breakfast (no fried food) which must be completed by 07:00am. You can continue to drink as much clear fluids\* as you wish until 11:00am. After this time, you can continue to have 30mls of water every hour until to your procedure.**

**Please bring a bottle of water with you.**

**You should not eat chewing gum or sweets after midnight for 07:00am admission time or after 07:00am for an 11:00am admission time.**

### Where can I park?

There is limited parking on site of the Norfolk and Norwich University Hospital, however additional parking is available at the Costessey Park and Ride, at the cost of £1, with regular buses travelling to and from the hospital from 06:40 to 20:20. Buses depart every 15 minutes.

Please be aware that car parking on site is only free for 30 minutes. If you drop off a patient and return to your car within 30 minutes, then you will not be charged.

There is a private car park at the rear of the hospital (next to the Bob Champion Building), unfortunately these parking tickets cannot be validated.

# SDAU - DPU Patient Information

## **Where and what is the Same Day Admissions Unit (SDAU)?**

**Location:** Level 4 Centre Block, (On Denton Ward)

**Opening Times:** Mon-Fri 07:00-17:00

**Contact number:** 01603 289956

This is an admission unit for all elective and planned trauma patients requiring surgery within in-patient theatres. This is one of the areas you may be asked to come before your surgery.

## **Where and what is the Arthur South Day Procedure Unit (DPU)?**

**Location:** Level 2, Centre Block (Between the Pod Coffee Shop and WH Smiths)

**Opening Times:** Mon - Fri 07:00 - 22:00, Sat/Sun 07:00 - 22:00

**Contact Number:** 01603 286000

This is a day surgery admissions unit for all elective patients requiring surgery where patients will be discharged home the same day. This is another area you may be asked to come before your surgery.

Please note if you are having a general anaesthetic or sedation you will need to arrange for someone to drive you home after your operation and for someone to be with you for at least 24 hours after discharge from hospital.

Following a local anaesthetic, it will depend on the type of surgery you have whether you are able to drive after your operation.

## **What will happen when I arrive on the Same Day Admissions Unit (SDAU) / Arthur South Day Procedure Unit (DPU)?**

- You will be asked to report to the reception so we can record your attendance and check your details.
- You may be asked to sit and wait in reception until you are ready to be admitted for your surgery.
- During the admission process you will be asked questions – you can also ask any questions you may have.
- The nurse will review your observations taken at Pre-Assessment (Blood pressure, heart rate, temperature) and may repeat as necessary.
- You will be asked when you last ate and drank, and we will ensure that you have brought in your regular medications (where appropriate) and taken them as advised from your Pre-Assessment Nurse/Pharmacist/Consultant/Anaesthetist.
- If you require a fit note, please ensure you ask for this when you are being admitted.
- You may be required to wear anti-embolism stockings (to help reduce blood clots forming).
- You will be asked to remove all make-up, nail varnish, false nails (gel nails), jewellery and body piercings (wedding rings may be worn but will need to have tape secured around it). Please remove any nail varnish prior to your admission date.
- Please do not remove any dentures, spectacles, hearing aids, prosthesis, or hair pieces – these will be removed in the anaesthetic room (if necessary).

## SDAU - DPU Patient Information

- On **SDAU** - your belongings will be labelled and held in a safe place until ready to take to the allocated post-operative ward. Please consider the size of the luggage you bring, a small cabin size holdall is sufficient as space is limited.
- On **DPU** – your belongings will remain by your bed space. The unit does have access to lockers should you require one. Please ensure you do not bring valuables with you.
- You will be asked to change into a hospital gown when it is almost time to be taken through to the anaesthetic room. You may be given disposable underwear to wear for the surgery. You can then put on your dressing gown and slippers.
- On **SDAU** – Unfortunately, relatives are not able to wait with you on the ward areas unless there is the need for a chaperone or carer, this will be arranged in advance of your admission.
- On **DPU** – you will wait by your bed space before going to theatres (we have separate male and female ward areas). Relatives will not be able to stay unless there is the need for a chaperone or carer, this will be arranged in advance of your admission.

### **Pregnancy testing prior to your surgery**

Pregnancy testing before surgery is recommended for all women and those registered female at birth, aged 12-55 years of age, to avoid risk of harm to a pregnant patient and their unborn child. Please expect your nurse to ask you questions relating to the possibility of pregnancy.

Pregnancy testing is performed using a sample of urine provided on the day of surgery. The test only takes a matter of minutes to provide a result and should not delay the planned surgery. We will of course inform you of the result.

At Pre-Assessment you will be given a universal container. Please ensure you bring in a urine sample on admission in the pot provided using fresh mid-stream urine.

### **Will I need to shave before my surgery?**

Please do not shave on or near to the area that you will be having surgery as this can increase your infection risk.

### **My relative/I have very specific medical needs, what should I do?**

It is extremely important that you inform your Pre-Assessment nurse who can ensure that your needs are met, and provisions are put in place to ensure your time with us is a positive experience.

### **How long will I have to wait?**

This is an extremely difficult question to answer. You will be advised of your place on the theatre list; however this can unexpectedly change, and delays can unfortunately occur. Your nurse will endeavour to keep you up to date with any changes should they arise.

Please do ask if you have any concerns whilst waiting, we realise this is a very anxious time for you.

# SDAU - DPU Patient Information

## **What do I need to bring with me when I come into hospital?**

Please bring a small overnight bag/case with:

- A clean set of clothes and underwear
- Pyjamas/night gown, thick dressing gown and slippers
- Wash bag and toiletries
- Something to read depending on expected length of stay
- Electronic device (at your own risk)
- All prescribed medication (in original boxes)
- Ensure you have pain relief at home (see 'Pain relief after your operation' leaflet)

Please refrain from smoking prior to your admission.

Ensure you follow the fasting instructions given to you at your pre-operative assessment and any advice regarding the stopping/adjusting of medications as per provided instructions.

**Please leave all valuables at home, as we cannot take responsibility for them. If you do choose to bring them into hospital, this is at your own risk.**

## **Useful websites**

British association of day surgery - [www.daysurgeryuk.org](http://www.daysurgeryuk.org)

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

For help giving up smoking: contact Smoke free Norfolk local free phone 08000854113 or [www.smokefreenorfolk.nhs.uk](http://www.smokefreenorfolk.nhs.uk) or email [smokefreenorfolk@nchc.nhs.uk](mailto:smokefreenorfolk@nchc.nhs.uk)

