



Information for
patients and
carers

Preparing for your Operation
Information for patients

Your general health

Call the appropriate pre-op unit immediately (on the appropriate number on page 4 of this leaflet) if you are unwell or have the following symptoms in the week before surgery:

- Sore throat
- Chesty cough
- Feel feverish with a temperature above 37.5 C
- Diarrhoea and vomiting
- Any sores, cuts on or near affected operating site

Please alert or inform the pre-op team:

- Of any medication changes between your assessment and the surgery date
- Of any health conditions that you have had to see your GP for, or required an admission into hospital, since your assessment
- Of any chest infection in the 6 weeks before your surgery date
- If you have tested positive for COVID in 7 weeks before your surgery date

If you do need to see a doctor or other health professional, you must tell them you are awaiting a planned operation. If possible, take this information sheet with you.

Importance of fasting

Please refer to your admission letter for specific fasting instructions. Chewing gum, mints and sweets are considered foods, so you should not have them.

Medicine

Specific instructions for your medicines.

Please continue to take your usual medications as prescribed.

The only exceptions to this are:

If you do not follow these instructions your operation may need to be cancelled.

Please bring your usual medication into hospital with you, in their original containers. These may be used during your hospital stay and means your usual treatment can be continued uninterrupted.

Infection Control

Please help reduce your risk of infection by having a bath or shower on the morning of admission.

Use the hand cleaning facilities at every ward entrance and every bedside and encourage your visitors to do so as well.

Shaving

Please do not shave or wax the surgical area you are being operated on.

Further information

We have a wide range of leaflets to download on our website. These include information and advice on:

- Anaesthetics
- Infection control
- Blood Transfusion
- General Surgery Leaflets

For further information on anaesthetic options and risks see the Royal College of Anaesthetists:

<https://www.rcoa.ac.uk/patients-and-relatives/patient-information-publications>

Recommended reading:

Contact details

Should you require further advice or information please contact:

Central Pre-Operative Assessment -	01772 522922
Orthopaedic Pre-operative Assessment -	01257 245517
	01257 245423
Ophthalmology Pre-operative Assessment -	01257 245034
Gynaecology Pre-operative Assessment -	01772 524386

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

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