

Information for patients and carers

Day Case Surgery

With General Anaesthetic or Sedation



What is day case surgery?

Day case surgery means an operation or surgical procedure that does not involve an overnight stay in hospital. You would be admitted on the day of surgery, and usually go home on the same day, a few hours after the procedure once you have recovered sufficiently.

Your suitability for day surgery will have been discussed with you during your surgical consultation, and during your pre-operative assessment appointment.

What to bring in:

Pack a small bag with the items you need on the day:

- All your medications including inhalers
- If you wear glasses, please make sure you bring them with you on the day. This is so you can see the relevant legal paperwork, which must be signed before you can have your operation/procedure
- You may also want to bring a book or magazine to read whilst you wait
- Name and telephone number of relative/partner or friend collecting you after your operation

What not to bring in:

- Valuables
- Large sums of money

The Trust cannot take responsibility for lost or damaged property or money.

Before admission

You must follow the fasting instructions shown in your admission letter or given to you at pre-operative assessment.

In your fasting instructions, if it states only clear fluid, this means water, pulp free juice and tea or coffee without milk. Please avoid drinking fizzy drinks and do not have any chewing gum, hard or soft sweets.

In order for you to stay adequately hydrated we advise the following:

For morning admissions:

- No food, milk, sweets or chewing gum to be consumed after midnight
- You can drink clear, still unflavoured water freely until 6am
- You must drink 250mls still, clear, unflavoured water at 6am
- Nothing more to drink after 6am

For afternoon admissions:

- You can have a small light breakfast before 7am
- You can drink clear, still unflavoured water freely until 11am
- You must drink 250mls still, clear, unflavoured water at 11am
- Nothing more to drink after 11am

If you smoke it is advisable not to smoke on the day of surgery. This will help to reduce breathing problems during and after surgery.

If you are taking any tablets or medicines, please bring them with you to the hospital. If you have any allergies, please inform the nursing staff and doctors when you attend.

If you are taking medicines you should continue to take them as usual, unless your pre-operative assessment nurse, anaesthetist or surgeon has asked you not to. For example, if you take drugs to stop you from getting blood clots (anticoagulants), aspirin, drugs for diabetes or herbal remedies, you will need specific instructions which should have been given at your pre-operative assessment.

To reduce the risk of infection, please have a bath or a shower on the morning of admission.

It is essential to arrange a responsible adult to take you home, preferably by car, and supervise you for 24 hours after your treatment.

It is not necessary to shave the surgical area prior to your admission.

On admission

The nursing staff will check your admission details, explain what will happen and answer any questions you may have. They will also do routine recordings of pulse and blood pressure. ECGs, blood tests and x-rays will be ordered if required.

You will need to change into a theatre gown when required. Underwear can be worn (except underwired bras).

You will be seen by a doctor who will answer any questions you may have. They will also ask you to sign your consent form for surgery unless you have signed it previously in clinic.

Your friend or relative will be contacted when you are ready for discharge. Staff on the unit will advise if your friend or relative is able to stay.

The anaesthetist and surgeon may also see you before your transfer to theatre.

After your operation

You will be asked to rest on a trolley or bed. You will be assessed and offered refreshment when ready.

Before you are discharged home

The ward team will make a number of checks to ensure you are ready to go home. They will make sure:

- You are fully awake and have recovered from anaesthesia
- You have passed urine
- You have had something to eat and drink
- Your pain is managed to an acceptable level
- If you experience nausea or vomiting, you have been given medications to treat it, and it is managed to an acceptable level

When we are happy to allow you home you can contact your relative, friend or partner and ask them to come and collect you.

- You **MUST** ensure you have someone to collect you from the hospital
- You **MUST** have 24-hour supervision by a responsible adult following discharge
- You **MUST NOT** go home alone in a taxi or by public transport
- You **MUST NOT** drive or operate hazardous machinery for 48 hours after a general anaesthetic

Please do not leave the ward without speaking to a trained member of staff and receiving post-operative instructions.

On leaving hospital you will be given:

- Advice on caring for dressings and a small supply
- Advice and/or pressure stockings and/or injections to reduce blood clots
- A discharge information sheet with contact details if you have any concerns and require post-operative advice
- We advise that you have a supply at home of simple pain killers, such as paracetamol and ibuprofen. If you require any further medication the hospital will supply this. If you pay for your own prescriptions, you will be required to pay for any medication prescribed for you to take home
- Information regarding any follow-up appointments that are required

The following instructions are strongly advised for 24 hours after your operation / procedure:

Don't

- You **MUST NOT** take any form of alcohol or take recreational drugs
- You **MUST NOT** operate any machinery
- You **MUST NOT** sign any legal documentation
- You **MUST NOT** look after children independently

Do

- Follow the advice given to you by the staff
- Take it easy on the day of your discharge and the day after your procedure
- Remember that you may need to take time off work if advised to do so

If you have any concerns after discharge home, particularly your wound, pain or swelling please feel free to contact the ward you attended for advice and assessment if indicated. Please see contact details below.

In exceptional circumstances, surgery may be prolonged or complicated, meaning you may need to stay overnight in hospital. This maybe in the day surgery unit or another hospital ward. In both cases, ward staff will contact your relative, friend or partner, to confirm the stay and let them know visiting and discharge arrangements.

Contact details

Should you require further advice or information please contact the relevant area:

Rawcliffe Day Case Unit, CDH (8am – 8pm Mon to Fri)

(01257) 245733

Lancashire Eye Centre, CDH **(01257) 245151**

Lancashire Elective Surgery Unit, RPH (8am -8pm Mon to Fri)

(01772) 522594/ 523405

Ward 4, RPH **(01772) 522244**

Charles Beard Theatre/Dressing Clinic, RPH **(01772) 523542**

Medication to omit on the day of surgery:

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Medication to continue as usual:

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Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.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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Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:
patientexperienceandinvolve@LTHTR.nhs.uk

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