



Lancashire Teaching
Hospitals
NHS Foundation Trust

Information for patients and carers

Preparing for your Operation



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/patient-information-resources/patient-information-leaflets-video-resources>

QR code information - Simple steps to keep you safe during your hospital stay:



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.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

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

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:

patientexperienceandinvolem@LTHTR.nhs.uk

Department: Pre-Operative Assessment

Division: Surgery

Production date: June 2026

Review date: June 2029

JR 1478 v1