



Northern Care Alliance  
NHS Group

# Day Surgical Unit

An information guide



# Day Surgical Unit

## Welcome to the Day Surgical Unit.

We extend a warm welcome to you and hope that your stay with us is as pleasant as possible. For most people a stay in hospital, however brief, is a daunting prospect. To try and allay any fears you may have, we have produced this leaflet for you. It contains general information about your admission, anaesthetic, operation and discharge. If you have any queries, no matter how small, please telephone the unit.

Your surgical procedure will involve you being in the unit for a number of hours. Relatives/carers who are collecting you following your procedure will be telephoned by the nursing staff when you are ready to be discharged. The unit is relatively small and there are limited spaces for relatives. However, if you are under the age of 19, classed as a vulnerable patient or have a registered carer, you are eligible to have them stay with you throughout your hospital stay.

In an attempt to prevent prolonged waiting we may operate a staggered admission system. Your admission time is not your operation time.

If for any reason it is felt that your operation needs to be postponed for further investigations or treatment, or if it is advisable for you to be treated as an in-patient, we will then discuss this with you and the appropriate arrangements will be made.

We would ask that you inform us if you cannot attend so that your appointment may be reallocated to another patient.

If you need an interpreter please inform the hospital prior to your admission. As per Trust policy we cannot use a family member.

## **The Unit**

On arrival you must report to the reception area. A nurse will then be allocated to look after you and plan your care during your stay. The nurse will explain more about the unit, prepare you for your operation, ensure all the relevant information is correct and answer any questions you may have.

Prior to your operation, you will meet the surgeon and anaesthetist (if required) and if you have not already done so, you will be asked to sign a consent form.

Depending on your approximate operation time you may be called once all pre-operative preparations have been carried out. At the appropriate time you may be transferred into the sub-wait area and asked to change into a theatre gown.

The day surgery unit is an ambulatory unit which means you may walk into the anaesthetic room when it is your turn for theatre along with a nurse escort.

## **What you need to know**

### **General Anaesthetic**

If you are having a general anaesthetic, you should make arrangements for a responsible adult to be available to take you home by car or taxi. You need to be looked after for 24 hours following discharge.

You may also need help if you have very young children or elderly dependants. Parents/guardians of patients under 16 years of age must accompany their child on admission so that a signed consent can be given. Parents/guardians are welcome to stay with their child until discharge.

**If you are having a general anaesthetic you MUST NOT eat anything for at least 6 hours before your admission.** This also includes sweets and chewing gum. You may drink water up to two hours prior to admission. You will be given specific instructions at your pre-operative assessment.

If your operation is in the morning this usually means nothing from midnight the night before. If your operation is in the afternoon then this means nothing to eat after a light breakfast i.e. a small bowl of cereal or a slice of toast and a drink at 07:00 hours.

- It is advisable to stop smoking 48 hours prior to your operation
- Please bring with you a fresh sample of urine and a list of your current medications
- 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
- Failure to attend the pre-operative assessment clinic will result in your operation being cancelled.

On the day of admission it is essential that you bring the following items with you:

- Dressing gown and slippers (if you have them)
- Change for the telephone
- A list of medication you are taking including times and dosages
- Any inhalers you are using.

Please have a bath/shower before you arrive and remove all nail varnish, false eyelashes, make-up and body piercings before coming into hospital. Also please DO NOT use any talc or body lotion on your skin on the day of your admission.

## **Sedation**

**Please follow the same instructions as for a general anaesthetic.**

## **Local Anaesthetic**

The effects of a local anaesthetic should wear off within a few hours. If you feel any discomfort, take your usual painkillers.

It is advisable to rest at home for the remainder of the day. You may eat and drink normally.

## **Medications**

If you normally take medication then please follow the instructions you were given at the pre-operative assessment clinic. Use inhalers as normal and bring them with you to the Day Surgical Unit. Continue to take medication as normal following your discharge unless you have been told not to do so. With certain procedures, other medications may be prescribed and need to be taken after discharge. The discharging nurse will give a verbal explanation to you and a relative/carer for these and how they are to be administered.

## **Valuables**

Please do not bring with you large sums of money or articles of great value. Please leave all jewellery at home. Your belongings will be safely and securely placed at your bed space during your admission, there are small lockers with keys that are available in the waiting areas if you have brought along any items that you are not happy to have left in this area. The Pennine Acute Hospitals NHS Trust cannot accept responsibility for the loss of patients' property. You will be asked to sign a disclaimer to this effect on admission.

## **Mobile phones**

In the interest of patient safety we ask that you do not use mobile phones, two-way radios or cordless phones within the hospitals. These can affect the reliability of life saving and technical equipment.

## **Staff and training**

An important part of the role of the hospital is to train members of the health professions which cannot be achieved without the co-operation of patients. Medical students, student nurses and other staff undertaking training in our hospitals are attached to the team responsible for your care.

We hope that you will agree to co-operate in this work. If however, you do not wish to take part in any medical, nursing or other teaching work, you are entitled to refuse without your treatment being affected in any way. In this case, you should inform the nurse in charge of your care as soon as possible.

## **After the operation**

When your operation/procedure is over and you have recovered satisfactorily from your anaesthetic you will be transferred from the recovery area to the day surgical ward. When fully recovered you will be given light refreshments. In the case of a local anaesthetic you will be given refreshments immediately on return to the ward.

If you have had a general anaesthetic, your recovery time may result in you being on the unit for several hours prior to discharge, this will depend on the individual patients post-operative nurse assessment.

Before we are able to discharge you home you must be comfortable, not vomiting or feeling sick, be able to walk, have passed urine and must have had something to eat and drink.

You may be given painkillers before going home. Take them regularly as prescribed for the first 48 hours. Do not wait until the pain is unbearable.

## **Discharge**

When we are happy to allow you home you may arrange someone to come and collect you. It is essential that a responsible adult accompanies you home. **Do not go home alone in a taxi or by public transport.**

Before discharge you will be given verbal and written information about your aftercare. For further information or to answer any queries you may have, please contact the relevant Day Surgery Unit.

Anaesthetic drugs stay in the body for 24 hours and gradually wear off over this period. During the first 24 hours it is important that you obey the following:

- Do not drive a car or ride a bike as your insurance will not cover you
- Do not operate any machinery or electrical appliances
- Do not drink alcohol
- Do not cook or handle pans or kettles
- Do not lock the toilet/bathroom door or make yourself inaccessible to your carer
- Do not make important decisions or sign documents
- Do not take strenuous exercise
- Do not look after children on your own
- We advise that you have a supply of pain killers at home.

## **National Insurance Certificate**

If you are advised to return to work in 7 days then you can cover your sickness absence with a self-certification form available from the General Office on all hospital sites. The ward will issue you with a medical certificate to cover your anticipated sickness or until your follow-up appointment (where relevant). Please ask a member of staff for this certificate before you are discharged home.

## **Transport**

An ambulance cannot be booked unless it is required on medical grounds. If suitable your GP will arrange this for you 48 hours before your admission. Please ask your GP to make these arrangements for you.

## **Correspondence**

If we want to see you again an out-patient appointment will be sent to you in the post. You will be given a letter to take to your GP about your operation. Please deliver this as soon as possible.

Should you have any problems regarding your condition or when you arrive home following your discharge, please contact the Day Surgical Unit for advice.

**Bury - 0161 778 2503**

**Monday to Friday 7.30am to 8pm**

**Rochdale - 01706 517132**

**Monday to Friday 7.30am to 8pm**

**Oldham - 0161 627 8212**

**Monday to Friday 7.45am to 8pm**

**North Manchester - 0161 720 2240**

**Monday to Thursday 8am to 8pm**

**Friday 8am to 8pm**

## Notes

## Notes

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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