



## Day Surgery Unit

### Patient Information Leaflet for \_\_\_\_\_.

Welcome to the St. Bernard's Hospital where you will be coming for surgery on \_\_\_\_\_, at \_\_\_\_\_ in the Day Surgery Unit, situated on the 4th floor in block 2.

This is a general information leaflet to help you through your surgical experience.

- You must not eat any **solid food** after 12 midnight/6 AM
- You **should** carry on drinking **water only** up to 2 hours before procedure 7 AM/ 10 AM to prevent you becoming dehydrated.
- For hygiene reasons patients are encouraged to have a shower at home just before admission.
- Should you be taking any regular prescribed medication please bring them with you or a list of what you normally take; and be sure to hand it to one of the team on the unit.
- We advise you to wear something loose and comfortable with appropriate footwear, please bring with you a dressing gown and slippers.
- All patients are advised not to bring any unnecessary valuables into hospital, as we are unable to provide secure lockup facilities. We remind you that you will be completely responsible for the safe keeping of any valuables you choose to bring with you.
- Should you wear contact lenses please be aware that you will need to remove them before having a general anaesthetic, therefore please bring any appropriate solutions and containers for their safe-keeping.
- If you wear dentures you may wish to bring a pot for their safe-keeping even though your ward may be able to provide one for you.
- We advise you not to wear makeup on the day of surgery. It is also important to avoid nail varnish and acrylic/false nails.
- St Bernard's Hospital operates a non-smoking policy therefore you are not permitted to smoke anywhere within the hospital premises.
- We will contact relatives on your behalf at the appropriate time; as the use of personal mobile phones is restricted to outside the hospital building.

- As you are only in hospital for the day, visitors should not normally be necessary apart from the person you have chosen to take you home after your operation.
- You will be provided with a separate Anaesthetic Information Booklet that is more specific to your type of surgery.
- Should you require a signed medical certificate for your place of work, please ask one of the nursing staff.
- If at any time during your hospital stay you have any questions or concerns please feel free to ask anyone of the team looking after you. We will all be happy to assist you
- Should you have any queries prior to coming to hospital for your surgery, you may contact this number 200 72266 ext. 2219 where someone will be pleased to help you.

### **Your Journey – From Start to Finish**

1. Upon your arrival on the unit, you will be greeted by a member of the team and shown to your bay. Your details will be checked and you will be prepared for theatre.
2. At the appropriate time, you will be transferred to the operating theatre escorted by your nurse/carer. When you arrive in the theatre suite, a member of the theatre team will receive you, and once again check your details before taking you through your operation.
3. After your operation you will wake up in the recovery room where a trained person will be closely looking after you, helping you achieve a safe and speedy recovery.
4. Once you have fully recovered the staff will contact the person designated to take you home and you will be able to go home if the staff are happy that you are well enough.