Your admission to the surgical day unit

Welcome to the surgical day unit (SDU). This factsheet contains important information about your admission. We hope it will help you know what to expect when you come in for your operation or procedure. Please read it carefully and keep it in a safe place so that you can refer to the checklist over the page easily.

If you are unwell on the day of your operation or have any questions before your procedure, please telephone us on: 023 8120 6471 or 023 8120 4099.

How to find us
We are located on F level in centre block at Southampton General Hospital. Volunteers are available at main reception to direct you.

Before your arrival
Please follow the instructions in your admission letter, in particular the advice about eating and drinking. You will have been told at the pre-assessment clinic if there are any medicines which you should not take before you come in. These are recorded at the end of this factsheet. Please make sure you bring all your medication with you.

The day of your operation or procedure
Please check in with the receptionist on arrival. The nursing team will be keen to welcome you as soon as possible. You will be asked to stay in the waiting room until they are ready for you. We look after patients for around 20 operating theatres and radiology rooms, so it’s likely that many other patients will be arriving at the same time as you.

Before you go through to the ward area
The nurses will call you through to the ward area according to the order of the operations planned for the day. Although you may arrive in the morning, your operation or procedure may be later in the day. The nursing team will advise you on the approximate time, but please be aware that this is subject to change. We aim to keep waiting times to a minimum, but some people may have to wait for a number of hours. There’s a large television for you to watch while you are waiting, and it’s a good idea to bring something to do, such as a book or magazine to read. If you require information or assistance at any point, please ask the receptionist.

Before your operation or procedure
When the clinical team is ready to look after you, we’ll call you through to the ward area. This is usually a large bay with up to four patients of the same sex. Each bay has its own bathroom. A nurse will prepare you for your operation. Any further blood tests or treatment that you need will take place. The surgeon will discuss your procedure with you and ask you to sign a consent form. If you would like to talk confidentially at any point, please ask for a private consultation room. The anaesthetist will also talk to you about the type of anaesthetic and pain relief you will receive. We encourage you to ask questions if you are unsure about anything.

Shortly before your operation or procedure you will be asked to change into a hospital gown, and most patients will be asked to put on surgical stockings. You can wear your own dressing gown and slippers if you have them. If you wear false teeth, hearing aids or glasses, you can keep these in place as you go to theatre. You may walk to theatre with an escort, or travel in a wheelchair or on a trolley.

www.uhs.nhs.uk
While you are having your procedure we will look after your personal belongings. Space for storage is limited so we ask that you bring only the essentials, such as your dressing gown, slippers and wash kit in one small bag. If you are going to another ward for one or more nights, your belongings will be sent to that ward.

**After your operation or procedure**

If you are going home on the same day, we will care for you on the surgical day unit after your operation or procedure. If you are having a general anaesthetic, you need to have a responsible adult with you on the journey home and overnight. If you don’t have anyone to look after you in this way then you may not be able to have your operation, because an overnight bed in the hospital may not be available. If you live alone, please try and arrange for a relative or friend to stay with you.

**Rescheduled admission**

Occasionally there is a need to cancel operations or procedures on the day, after you have arrived. This is most often due to unforeseen pressure on the hospital, such as the need to provide emergency care, meaning we’re unable to offer you the treatment that you need. We make great efforts to prevent this from happening and we can only offer a very sincere apology if it does. If your procedure has to be rescheduled, you would be asked to return home and we will offer you another date within 28 days. This is our legal obligation.

**Your medications before admission**

Do not take the following medications on the day of your operation or procedure:

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<th>Medication</th>
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Please stop taking the following medications before your surgery:

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<tr>
<th>Medication</th>
<th>Stop Days Before</th>
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**Your pre-assessment nurse is:**

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<th>Nurse Name</th>
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<td>023 8120 6623</td>
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Before your admission – your checklist
Please read the following checklist carefully before your admission. Remember you can telephone us before you come into hospital if you have any questions.

☐ Follow the instructions in your admission letter about eating and drinking. Sucking mints and using chewing gum count as food, so should be avoided after the time you have been told to stop eating.

☐ Take your medications as instructed at the pre-assessment clinic. These are noted over the page. **Please bring all your medications with you.**

☐ Bring only one relative or friend with you on the day. Our waiting area is quite small, and if it gets crowded with too many people it can affect the privacy of our other patients.

☐ Children and friends/relatives with coughs, colds or who are otherwise unwell should not be brought onto the unit.

☐ Bring only a small bag of personal items. We cannot store large bags while you are in the operating theatre. If a longer stay is planned, a friend or relative can bring more things in on the following day.

☐ Bring loose, comfortable clothing to wear after your operation. It’s helpful to have a dressing gown and a pair of slippers.

☐ Have a bath or shower on the morning of your operation or procedure. You should use the Hibiscrub wash as instructed in the pre-assessment clinic, to help prevent infection.

☐ Remove any make-up, nail varnish, false nails and jewellery, with the exception of a wedding ring.

☐ Do not bring any valuables with you. We cannot be held responsible for high cost items, but we do have a secure cupboard for your belongings, which are carefully labelled.

☐ Do not consume alcohol or any recreational substances for at least 24 hours prior to your surgery.
   If you smoke, you should avoid smoking on the day of your operation.

☐ It is not necessary to shave the area you are being operated on at home. If any shaving is required, we will explain exactly what is needed after you arrive with us.

☐ If you go home on the same day as your operation, you are advised to be accompanied by a friend or relative. If you have had a general anaesthetic, you must have someone at home with you overnight. If you live alone, ask a friend or relative to look after you.

If you have any further questions
If you have any further questions about your admission, please telephone the surgical day unit on: **023 8120 6471 or 023 8120 4099.**

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone **023 8120 4688** for help.

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