

Patient information factsheet

Nurse practitioner-led pre-assessment clinic

Patient:

Hospital number:

Pre assessment date:

Procedure date:

You have been invited to attend our nurse practitioner-led pre-assessment clinic prior to your admission to hospital. This leaflet will provide you with information about the clinic, pre-assessment day and admission day.

Why nurse practitioner led pre-assessment?

Our nurse-led pre-assessment clinic is designed to improve your patient experience and to minimise your length of stay in hospital.

What happens at the pre-assessment clinic?

At the pre-assessment clinic you will be assessed to see if you are fit for your investigation. The nurse practitioner will ask you questions about your current medical condition and medical history. They will also ask about aspects of your personal demographic details, your home environment, social activities and next-of-kin details.

The nurse practitioner will then talk you through your booked investigation, explaining what will happen, discharge arrangements and the risks of cancellation. This is an opportunity for you to raise any questions or concerns that you may have.

Following this discussion, the nurse practitioner will carry out a full physical examination. You will be weighed, have heart tests (ECG) and routine blood and swab tests.

At pre-assessment you will be provided with a 'hydrex' wash, which helps to minimise infection and you will be told how and when to use it.

In the event that the nurse practitioner has any concerns, she will contact one of the doctors. Also, you have the right to request to see a doctor. This may involve a wait time or you may have to wait until the day of admission.

What happens on the day of admission?

You may be asked to have nothing to eat or drink on the morning of your procedure. The preassessment nurse will have discussed this with you at clinic.

You will need to report to the surgical day unit (SDU) at your scheduled time of

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admission. This is located in centre block, F level, at Southampton General Hospital. Please report to reception. If you need to cancel your appointment, please call the ward as soon as possible.

In the SDU, you will be given a cannula (a small tube placed into your vein which allows us to give you medication). You will also be given an ID bracelet to wear.

The nurse will run through a final checklist prior the procedure. If not already done so, you will be asked to give informed consent for your procedure.

When the doctor or radiologist is ready, you will be taken down to the radiology department to have your investigation. Please see separate information sheet for details of the procedure.

What happens after the procedure?

Once all your vital signs (i.e., blood pressure and heart rate) are within safe limits, you will be transferred back to the SDU. The nurse caring for you will then check your vital signs regularly at first and then less often as the hours pass.

For a short period of time after your procedure you may remain nil-by-mouth. This allows you time to recover. You will then be encouraged to eat, drink and to mobilise following a period of bed rest.

You will need to stay in hospital for at least six hours after your procedure. You will then be allowed to return home, provided that you're pain free, eating and drinking, have passed urine and all your vital signs are within your normal limits. If any of these criteria are not met then you will be asked to stay for longer and possibly overnight. If the nurse feels that it is needed, they will ask a doctor to review you.

When is time to go home, the nurse will remove your cannula and give you your discharge paperwork. You will be given a post procedure information leaflet and a contact number, if there are any concerns. Your results will be discussed with you on a future out patient appointment.

It is essential that you have someone who can collect you following your procedure and stay with you overnight. This is due to the fact that you have received sedation. You are advised not to drive, drink alcohol, operate heavy machinery or sign any legally binding documents for 24 hours.

Contact us

Ward: 023 8120 6471

Booking clerk: 023 8120 4986

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