

## Patient information factsheet

# Your preoperative observations appointment

We have given you this factsheet because you are on the waiting list for a knee or hip operation. As you have been added to the waiting list, you will have a preoperative observations appointment. This factsheet explains what preoperative observations are and why you need them. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, contact us using the details at the end of this factsheet.

**Please note: we cannot give you a date for your operation at this stage.**

### What are preoperative observations?

Before your knee or hip operation, you will have an appointment with a nurse to check your general health. These checks are known as 'preoperative observations'.

At your preoperative observations appointment, the nurse may:

- measure your height
- measure your weight
- measure your blood pressure
- take a blood sample for blood tests
- take an electrocardiogram (ECG)
- ask questions about your general health and/or medical conditions.

**This is not your surgical pre-assessment appointment. You will have a surgical pre-assessment appointment closer to your operation date at the site where your operation will take place.**

### Why do I need this appointment?

This appointment helps us prepare you for your operation while you are on the waiting list. If your measurements and results are outside the safe range for your operation, we may offer you advice or medication to treat this.

Your operation will be at one of the following two sites:

- Hampshire Orthopaedic Centre in Winchester
- Southampton General Hospital.

If your measurements and results meet certain criteria, your operation will be at Hampshire Orthopaedic Centre. We will tell you which site your operation will take place when we contact you to offer a date for your operation.

## On the day of your appointment

Eat and drink as normal, and take your usual medications. Please allow up to 1.5 hours for your appointment.

## Useful links

### Electrocardiogram

[www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Tests/Electrocardiogram-ECG-patient-information.pdf](http://www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Tests/Electrocardiogram-ECG-patient-information.pdf)

### The Hampshire Orthopaedic Centre in Winchester

<https://www.uhs.nhs.uk/whats-new/news/new-state-of-the-art-orthopaedic-centre-opens-in-hampshire>

## Contact us

If you have any questions or concerns, or if you need to rearrange your appointment date, please contact us.

### Trauma and orthopaedics department

Telephone: **023 8120 6218** (Monday to Friday, 9am to 4pm)

Email: [OACT&OOutpatients@uhs.nhs.uk](mailto:OACT&OOutpatients@uhs.nhs.uk)

If we're unable to answer your call, please leave a message on the answer machine with your name, hospital number and a brief reason for your call. We will return your call as soon as possible.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email [patientsupporthub@uhs.nhs.uk](mailto:patientsupporthub@uhs.nhs.uk)

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)

Join our family of charity supporters with a monthly donation! It's a wonderful way to show your ongoing support of our patients and staff.

Scan the QR code or visit [southamptonhospitalscharity.org/donate](http://southamptonhospitalscharity.org/donate)



**Southampton  
Hospitals  
Charity**

Charity Registration Number: 1051543

