

Patient information factsheet

Surgical pre-assessment clinic Nurse-led appointment

We have given you this factsheet because your doctor has recommended surgery as a treatment option for you. Before you have surgery, we will invite you to attend two appointments as part of our surgical pre-assessment: an observations appointment and a nurse-led appointment.

This factsheet explains what will happen at your nurse-led appointment, so you know what to expect. We hope it helps to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

What is a nurse-led appointment?

A nurse-led appointment is one part of your surgical pre-assessment. This appointment helps us to prepare you safely for your surgery and identify any areas where we can help to improve your general health before your surgery.

This appointment may be a face-to-face appointment in hospital, or it may be a telephone assessment. Please see your appointment letter for more details.

How should I prepare for this appointment?

On the day of your appointment, you should:

- eat and drink as normal
- take your medications as normal
- bring a list of the medications you are currently taking with you (if you have a telephone appointment, please have this list to hand at the time of your call)

You can bring a maximum of one person with you to this appointment.

Who will I be seen by?

You will be seen by a specialist nurse practitioner who has been trained in assessing people's health before surgery.

What will happen at the appointment?

At the appointment, we will:

- discuss your medical history and any surgeries you have had in the past
- discuss your current health
- give advice on any medications you are currently taking and give you a plan if any medications need to be stopped before your surgery

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- (if you have a face-to-face appointment) perform a physical examination and listen to your heart and lungs (this is separate to your observations appointment)
- provide information about your admission to hospital
- answer any questions you may have

How long will the appointment be?

Please allow up to two hours for the nurse-led appointment.

What will happen after the appointment?

After the appointment, we may refer you for further investigations, such as an echocardiogram, also known as an echo (a scan used to look at the heart and nearby blood vessels) or sleep studies (tests that investigate potential sleep disorders). If you need to have any further investigations, we will explain these to you in more detail.

We may also arrange for an anaesthetist (a specialist doctor who is responsible for providing anaesthesia to patients for operations and procedures) to speak to you before your surgery. We may do this if you are due to have a complicated surgery or have multiple medical problems. The meeting with the anaesthetist may be on the same day as your nurse-led appointment or it may be arranged for a later date.

We will let you know when you are able to leave the department (if applicable) and resume your normal daily activities.

Further information

If you have a medical condition that means you need help getting to hospital, please contact your GP surgery so they can arrange transportation for you.

Contact us

If you have any questions or concerns before your appointment, please contact us.

Surgical pre-assessment clinic

Telephone: **023 8120 2567** (Monday to Friday, 9am to 4pm)

Email: preassessrequests@uhs.nhs.uk

Useful links

www.uhs.nhs.uk/departments/perioperative-care/surgical-pre-assessment

www.nhs.uk/conditions/having-surgery/preparation

www.rcoa.ac.uk/patients/patient-information-resources/patient-information-leaflets-video-resources

www.rcoa.ac.uk/patients/patient-information-resources

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