

Your feedback

We want to know what you thought of your stay in our hospital so please be sure to complete our 'Friends and Family' feedback card before you leave.

You can also leave feedback and comments online at:

- Twitter @NHSBartsHealth
- Facebook: www.facebook.com/bartshealth
- NHS Choices: www.nhs.uk

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

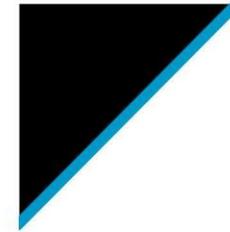
For this leaflet in large print, please ring 020 3594 2040 or 020 3594 2050.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

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All our patient information leaflets are reviewed every three years.



Patient information

Your hospital stay - a guide for day surgery patients

Surgery and Theatres



What to bring with you

Your admission letter

This is the letter that is sent to you confirming your admission date. It contains detailed information of your admission time and where to go when you arrive. Please read it carefully. If you are not sure what you have to do, call the admissions office telephone number at the top of your letter.

Medicines and allergy treatments

We will need to see any medicines you are currently taking, including those for any allergies and where possible, in their original packaging. Please bring everything when you come in to hospital – tablets, injections, liquids, creams, inhalers and eye drops, and any products bought from a pharmacy, supermarket or the internet. This includes homeopathic or herbal remedies. We need to compile a complete record of all the medicines you are taking, so we can best plan your treatment in hospital. **Please let ward staff know if you have any allergies – for example, food, medicine or latex.**

If you take prescribed medication, you will have been given written instructions by the pre-admission nurse about what medicines to take on the day of surgery. Please take these as instructed, with a sip of water if needed.

Clothes

Please bring a dressing gown, underwear and slippers to wear on the day surgery unit, as well as comfortable clothing to go home in. As there is very limited room on our day units, please only bring a small bag or case.

Reading materials or books

While we try to keep waiting to a minimum, unless you are first on the list, you will have some free time before being called for surgery. Please feel free to bring in a magazine to read or something similar to occupy your time.

What not to bring with you

Valuables

Please leave your valuable items at home; this includes credit cards, jewellery, large sums of money or any electronic devices such as laptops, as you will not be able to lock them away. **The trust does not accept responsibility for such items if you decide to bring them with you.**

We allow mobile phones to be used but please respect the comfort and privacy of other patients, by not taking any photos, keeping calls to a minimum and your phone on silent.

Cancelling and rearranging

If you feel unwell before your operation or if there is a reason you can't attend, you need to let us know as soon as possible by calling the admissions office. You can find their number at the top of your admission letter.

If you do not come in to hospital without letting us know, we may not be able to rebook your operation and will have to refer you back to your GP.

Getting to hospital

There are maps for each of our hospital day surgery units at the back of this leaflet.

If a friend or relative brings you to hospital, they will not be able to stay once you have been called for assessment and prepared for surgery. There are some exceptions to this that can be discussed with the nurse on the day. Please be aware you may be in the unit for up to six hours depending on your procedure.

There are restaurants at each of our hospitals if your friend or relative wishes to stay close by - see the maps at the back of this leaflet for their locations.

Going home and recovering

All patients must be accompanied by an adult able to remain with them, care for and be responsible for them for 24 hours after discharge from the day surgery unit.

Once discharged, your relative or friend must collect you and accompany you home via car or taxi. **Please note that you must not travel home on public transport.**

Although you might feel fully recovered after your operation, your responses will be slower than normal. So, for the first 24 hours after discharge from hospital, you must not:

- Drive (most insurance companies will not provide cover)
- Drink alcohol
- Operate machinery
- Look after young children on your own
- Make important decisions or sign important documents
- Do anything energetic that could make your wound bleed

Advice for your relative or friend after your surgery

We have set out some guidelines in order to help you understand why your friend or relative, who has just had surgery, will be going through some or all of the following:

Drowsiness – this is due to the anaesthetic and the effect of this may last for 24 hours. Encourage your friend or relative to rest and then to gradually resume normal activities.

Nausea/vomiting – your friend or relative may experience nausea or vomiting. This may be due to the anaesthetic or sedation. It should not prevent them from having some light food and drink. If the nausea or vomiting continues, do call the patient's GP.

Pain – your friend or relative may feel pain in their wound, achy or stiff muscles or a sore throat. They should take painkillers as prescribed or advised.

Difficulty in moving – encourage and assist your friend or relative to gradually start moving around as exercise will speed up their recovery. The amount of movement they can make will vary depending on age and the type of operation they had.

Looking after the operation wound – the staff in the day surgery unit will have provided specific instructions about looking after the operation wound. Please check the dressing at least once a day or as advised.

Your queries

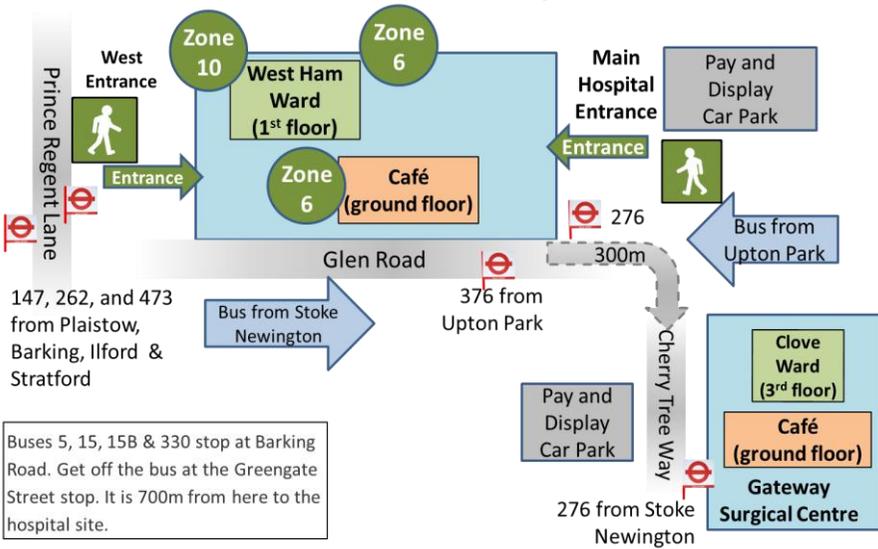
If you need any advice or help during the first 48 hours after your operation, you can call your GP or the day surgery unit you were admitted to:

Hospital and unit	Telephone number	Hours
Newham Hospital:		
Clove Ward	020 7055 5563	Monday-Friday, 7am-7.30pm
West Ham Ward	020 7363 8153/ 8707	Monday-Friday, 7am-7.30pm
Royal London Hospital:		
Daycare Unit	020 3594 1262	Monday-Friday, 8.30am-8.00pm
Whipps Cross Hospital:		
Plane Tree Centre	0208 535 6426 or 0208 539 5522 Extension: 6504/5704	Monday-Friday, 7.15am- 9.30pm

Plaistow tube station

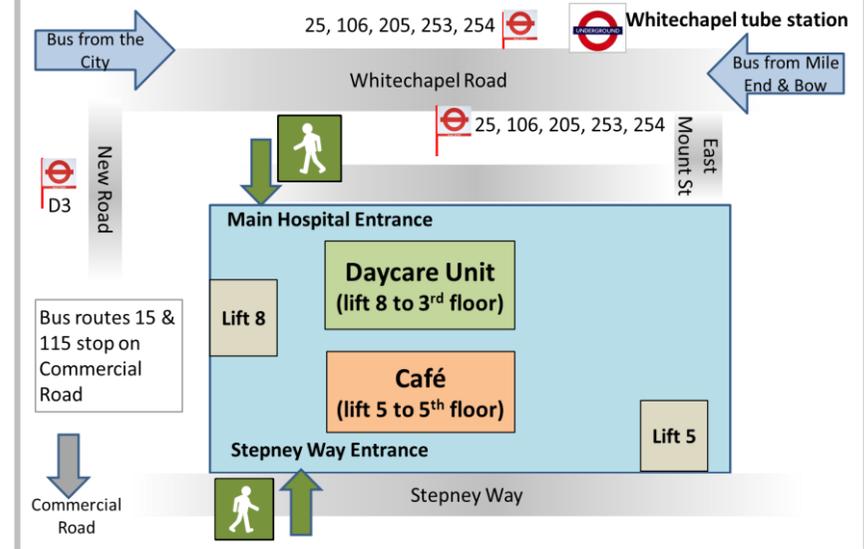


Newham University Hospital How to find our day case wards



Buses 5, 15, 15B & 330 stop at Barking Road. Get off the bus at the Greengate Street stop. It is 700m from here to the hospital site.

Royal London Hospital How to find our Daycare Unit



Whipps Cross Hospital How to find our day surgery units

Bus routes 56, 230 & 357 stop at Whipps Cross roundabout

