Day of Surgery Admissions

Ward C8 – Preparing for your Surgery

Patients are admitted to C8 and prepared for their operation. All patients will be transferred to the operating theatre from C8 and then back to C8 or onto a main ward after their operation.

Where is C8?
From main hospital reception:
Take the main passenger lift or stairs to level 8. Turn left out of the lift/stairwell and on the left the ward is signposted C8.

Preparing for your surgery
On the day of your operation it is very important that you follow these instructions carefully.
If you eat or drink when you should not, your operation will be cancelled.

Food and drink: When to stop eating (including chewing gum) depends on the time of your surgery. (The section that applies to you is highlighted)

For morning admissions:
- Please do not have anything to eat after midnight. You may drink water until 06:00.
- Come to C8 for no later than 07:00. When you arrive at C8 please use the intercom outside the ward entrance to gain entry and walk half way up the ward corridor where you will be greeted at the nurse station. You will then be registered and the admission process started.

For afternoon admissions:
- Please have a light, early breakfast (cereal or toast and a drink) no later than 06:30 in the morning. Please do not eat anything after this. You may drink water until 10:00.
- Come to C8 for 11:00. When you arrive at C8 please use the intercom outside the ward entrance to gain entry and walk half way up the ward corridor where you will be greeted at the nurse station. You will then be registered and the admission process started.

If your surgery is scheduled for a later time in the morning or afternoon your doctor/nurse will inform you what time you may drink water until.
Medications:
Please bring any medications you take with you. You can take your medications as usual on the day of surgery (unless otherwise specified by your doctor/nurse) with 50ml water if you are fasting. If you are unsure please ask your consultant/ GP or call us on 01223 256584.

If you are unsure as to what medications you should take on the day of your surgery please speak to your GP or consultant

Smoking:
If you smoke you are advised to stop/reduce the amount you smoke in the run up to surgery and anaesthetic. Please do not smoke for three days prior to surgery.

Alcohol:
For your own health do not drink alcohol in excess. You should not drink any alcohol for two days prior to an anaesthetic.

Pain medication
Please ensure you have a supply of paracetamol or ibuprofen at home (if not contra-indicated/allowed) for pain relief. You will be prescribed additional pain relief if required.

What should I bring to hospital?
- Your consent form (if you were given one at your previous appointment).
- All your regular medications, including your GP prescription.
- If you have a medical exemption card, please bring it with you.
- Please wear comfortable, loose fitting clothes and low heeled shoes.
- A dressing gown, slippers and toiletries.
- Hearing aids, glasses, as appropriate.
- Something to do/read while you are waiting (e.g. book, newspaper).
- Only bring one small holdall as we have very limited storage and your bed space may change.

What not to bring to hospital
- Personal belongings or valuables (e.g. jewellery, iPods, laptops, large sums of money or credit cards).
- All jewellery and body piercings should be removed and left at home.
- Contact lenses.
- Please remove all make up, nail varnish and false nails.
- Mobile phones and chargers.
What will happen on the day of surgery?

When you arrive at C8 use the intercom outside the ward entrance to gain entry and walk half way up the ward corridor where you will be greeted at the nurse station. You will then be registered and the admission process started.

Depending on the time you will go to theatre, you will be asked to wait in a waiting room or bed space.

You will be reviewed by the surgeon and anaesthetist. This will provide an opportunity for you to discuss any issues or concerns you may have. At this point your surgeon will be able to give you an estimated time for your procedure; they may also need to mark your skin with a pen indicating the site of your operation.

You will be prepared for your operation depending on your position on the operation list. We have several different operating theatres running on any given day and the times of operations will vary, but we will keep you informed. The nurses will record your blood pressure, pulse and temperature. Where necessary, we may take blood samples or send you for further tests.

Please be aware that your admission time is not the time of your surgery and a wait will be involved.

We understand that waiting for surgery can be an anxious time and we will try and keep you informed about when your operation will be.

Please be aware that there may be instances when operating times may be changed or cancelled at the last minute due to unexpected emergencies. In the event that your operation is cancelled one of the senior team will come and speak to you before you leave about what happens next.

Will my family/friends be able to come to C8 and wait with me?

C8 has a very limited space; we therefore ask that only one adult comes with you. If we are particularly busy, we may have to ask your relative to wait outside C8 and to return later. Please note that unfortunately there are no facilities for children or babies in C8.

How will my family and friends know which ward I am going to?

If your relative/friend is not waiting with you, please ask them to call us after 15:30 hours on 01223 217279 and we will inform them of your location. They can also call recovery reception on 01223 217401 who will be able to give them an update of your progress.

What will happen to my property?

If you are returning to C8 following surgery, your property will remain on the ward.

If you are staying in hospital, we will place your property in a bag and send it to the ward where you will be staying after your surgery.
As you will be asked to sign a property disclaimer form, please ensure you do not bring any valuables with you to C8.

When will I be discharged?
This all depends on the type of operation you are having.

Local anaesthetic:
If you are having a local anaesthetic you should be able to go home shortly after your operation. You are not required to have a responsible adult to accompany you home but we would advise it.

Day case general anaesthetic:
If you are a day case you will be discharged as soon as you are deemed fit; providing you have arranged for a responsible adult to transport you home and stay with you overnight. The nursing staff will give you your medical discharge summary along with information on post-operative recovery, wound care instructions and pain relief (we ask that you obtain your own supply of paracetamol for home prior to your admission).

If you experience any of the following complications once you are home we recommend that you speak with your GP urgently:

- Uncontrolled pain, feeling faint or dizzy
- Severe nausea or vomiting
- Bleeding, redness, swelling, bruising, discharge or pain from around the wound site.

For less urgent issues call NHS 111 for advice or visit your local minor injuries units at the following locations:

- Princess of Wales Hospital, Ely: 01353 656675
- Doddington Hospital, Doddington: 01354 637078
- North Cambs Hospital, Wisbech: 01945 468787

Occasionally someday case patients may need to stay in hospital overnight to assist the recovery process; in this instance you will normally be transferred to an appropriate surgical ward.

Inpatient:
If you are due to be an inpatient and are being transferred to a main ward after your operation you will be informed of your expected date of discharge. Most wards aim to discharge patients in the mornings. Please ensure you have made arrangements for transport home. Information regarding your recovery and medications will be given to you prior to discharge.

Thank you for your cooperation.
We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language or audio, please contact Interpreting services on telephone: 01223 348043, or email: interpreting@addenbrookes.nhs.uk For Large Print information please contact the patient information team: patient.information@addenbrookes.nhs.uk

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