

Patient Advocacy & Liaison Service (PALS)

East Somerset NHS Trust believes in giving patients a real voice and increasingly seeks to involve them and their families in the way that the service is run. A Patient Advocacy and Liaison Team aims to resolve patient issues and concerns promptly and effectively and feed their views into the organisation. The PALS is a Trust aim which supports the idea of patients being at the centre of the organisation and outstanding customer care is our goal at all times.

For more details of how PALS can help you, please call 01935 384706.

Any further information

USE THIS SPACE FOR ANYTHING MORE THAT YOU NEED TO RECORD

If found, please return to:

Yeovil District Hospital
Higher Kingston
Yeovil, Somerset
BA21 4AT

Leaflet No 5100402
12/02



Getting ready for an operation

YOUR NAME

Your Personal Record

INTRODUCTION

Following your Out Patient Appointment, you have been placed on the waiting list to come in for an operation. This is your personal record to make sure that you have all the information that you need while you wait.

It is important to remain healthy while you wait for your operation. Please take this 'Information Folder' with you when you attend the surgery to see your doctor who will recommend how often you should visit. If you see other professionals such as a physiotherapist or occupational therapist, please ask them to add their comments.

YOUR DETAILS AND DECISIONS

If you change your address or telephone number or if your condition changes, please telephone the waiting list number on the back cover of the Patient held information folder so that we can alter your record and avoid any unnecessary delays.

If you decide that you no longer wish to have your operation or if you had treatment elsewhere, please let us know so that we can remove your name from the waiting list.

Remaining healthy while you wait for your operation is a key to rapid recovery.

Aiming for a Healthy Life-style

While you are waiting for your operation, you are advised to:

- pay attention to your diet
- give up smoking
- take some gentle exercise

WHY SHOULD YOU DO THIS?

Your nurse or doctor will advise you about your weight or diet. Being overweight or very underweight is not good for health. It can increase the risks of heart disease or a stroke, high blood pressure and diabetes. Cutting down on fatty, sugary foods such as pastries, pies, cakes, biscuits, puddings, sweets and take-aways will help.

A well balanced diet should be varied and include plenty of fruit and vegetables and foods rich in starches (potatoes, bread, rice and pasta), fibre (brown bread, jacket potatoes), fish (especially oily fish such as tuna and mackerel), lean meat and poultry. Vitamin D is important to keep bones healthy and can be found in oily fish, margarine and breakfast cereals.

Giving up smoking is the single most effective action you can take to improve your health. All forms of smoking are bad for you - cigarettes, cigars and pipes. Smoking increases your risk of heart disease, lung disease (especially bronchitis and lung cancer) and osteoporosis (bone disease). Many people successfully give up smoking every year. Your GP will be only too happy to help or you could phone *Quitline* on 0800-00-22-00 for a free *Quitpack*.

Exercise is good for you at any age. Whether you are physically disabled or able-bodied, it is never too late to start. Exercise will improve your strength, suppleness and stamina and help to protect against heart disease, osteoporosis and many other chronic conditions. It helps maintain mobility and prolong independence - fostering a positive mental attitude and contributing to a sense of well being. This will help you to recover more quickly from your operation. You should discuss this with your nurse or GP before starting a new exercise regime.

How can you help?

When you see the anaesthetist before the operation, it is helpful if you can tell them about any previous anaesthetic problems, any medicines that you take and any medical problems you may have (such as heart disease, high blood pressure, chest disease, epilepsy or diabetes). Any history of reaction to, or problems with, anaesthetics in family members related by birth should also be mentioned. The anaesthetist will need to know if you have any capped, crowned or bridged teeth or wear dentures; this is so that we can avoid damage during and after your anaesthetic. This kind of dental work is not as strong as natural teeth and damage can occasionally occur even when the greatest care is taken.

If you smoke, it would be beneficial if you could give up before your operation, even if only for a few days. This will help to increase the amount of oxygen in your blood. It is very important to follow instructions given to you about when to stop eating and drinking before your operation. This is because your stomach must be empty to enable us to anaesthetise you safely.

If you require any further information about your anaesthetic, you can ask your GP, ward medical and nursing staff or the anaesthetist during your pre-operation visit.

DAY SURGERY

Following a general anaesthetic, your judgement may be affected so if you are a patient returning home on the day of your surgery please ensure:

- a responsible adult must accompany you home by private transport (ie, not by bus or train)
- a responsible adult must be with you at home for the rest of the day and overnight
- you should drink no alcohol for 24 hours following the anaesthetic
- you should not drive a car or operate any hazardous machinery for 24 hours following anaesthetic

You, your GP or nurse should complete this section before your pre-assessment appointment

Coming to Hospital

Welcome to Yeovil District Hospital. Here is a checklist to help you prepare for your admission. Any special needs will be catered for - for example, if you require a special diet or help with a wheelchair - please inform the nurse on arrival.

- preferred toiletries
- toothbrush, toothpaste or denture cleaner and denture pot
- coloured towel (as the hospital laundry is white)
- shaving equipment, electric razor and adaptor
- sufficient nightwear and underwear
- dressing gown and slippers
- soft drink
- hearing aid, walking stick and spectacles (if used)
- reading material and pen
- leisure and comfortable clothes
- small amount of cash for newspapers
- any drugs that your are taking
- on discharge, outdoor clothing and suitable footwear are recommended

Your Medication

You will normally come to hospital for your pre-assessment appointment about 2-4 weeks before your admission for the operation. It is important that all current medications including inhalers and herbal remedies (in their original containers) are brought to the pre-assessment clinic and to hospital when you are admitted. Please keep this list up to date.

DRUG	DOSE	FREQUENCY

Hormone Replacement Therapy	Yes	No
Oral Contraception	Yes	No
Warfarin	Yes	No

