

# Information to help you prepare for your surgery

Trustwide Clinical

Information for Patients

Produced: January 2025

Review: January 2028

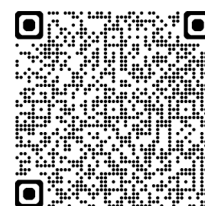
Leaflet number: 1574 Version: 1.1

The information that you can access via the QR codes and weblinks will be helpful to you, before, during and after your admission.

You can also search YourHealth <https://yourhealth.leicestershospitals.nhs.uk/> and search by title or number.

You may not need all these links for your surgery. It will depend on the surgery you have.

[Anaesthetic information](https://www.rcoa.ac.uk/patients/patient-information-resources/patient-information-leaflets-video-resources) (from the Royal College of Anaesthetists) (RCOA) [www.rcoa.ac.uk/patients/patient-information-resources/patient-information-leaflets-video-resources](https://www.rcoa.ac.uk/patients/patient-information-resources/patient-information-leaflets-video-resources)



Caring for someone after an anaesthetic (link as above)



[Eating, drinking and fasting before your surgery](#) (1334)

There may be specific instructions to follow, for some patients needing bowel preparation before surgery. Your pre-operative assessment nurse will give you this information if it is needed.



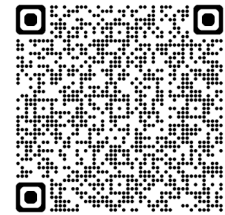
**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

[Reducing the risk of blood clots in hospital](#) (338)



[Reducing the risk of blood clots at home](#) (339)



[Reducing the risk of MRSA infection](#) (264)



[Reducing your risk of getting an infection in hospital](#) (266)



[Preventing and treating pressure ulcers](#) (215)



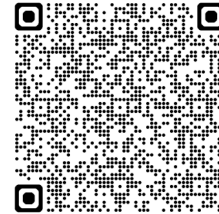
[Reducing your risk of falling during a hospital stay](#) (290)



[Helping us to prepare you for your surgery](#) (199)



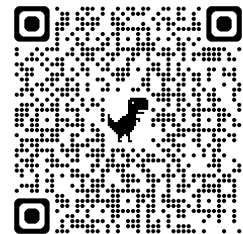
[Managing your diabetes for planned surgery \(diabetes passport\)](#) (1521)



[Pain relief options after surgery](#) (460)



[Welcome to Theatres Arrival Area](#) (305)



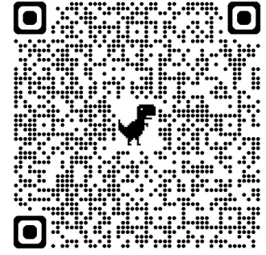
[Day case surgery \(postcard\)](#) (1505)



[Helping you to plan your visit to the East Midlands Planned Care Centre \(EMPCC\)](#) (1536)



[Letting us know if you have a change to your health before your surgery \(208\)](#)



## Contact details for pre-operative assessment services

Monday to Friday, 8am to 5pm (excluding bank holidays).

Leicester General Hospital: Coleman Centre: 0116 258 4100

Leicester General Hospital: Gyneacology : 0116 258 4839

Glenfield Hospital SOPAC: 0116 258 3728

Hinckley & District Hospital: 01455 441 847

Melton Mowbray Hospital: 01664 854 904

Loughborough Hospital: 01509 564 406

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે કુર્મીં ઇંચ જાદવારી કિમે હેર જામા જિંચ ચાહુંદે હે, ઝાં વિરખા વરકે હેઠાં હિંઝે ગદે નંબર 'ઝે ટેલીફોન વરે।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)