

Your visit to the Pre-operative Assessment Clinic to prepare for your procedure

Pre-operative Assessment

Information for Patients

Produced: December 2021

Review: December 2024

Leaflet number: 249 Version: 4

Introduction

Your consultant and their team have recommended that you need a procedure. Before your procedure you will need to attend the Pre-operative Assessment Clinic. This leaflet will tell you what to expect at your visit to this clinic.

You should allow up to 4 hours for this appointment. The length of time will depend on your general health, and any tests or investigations that may need to be done to check you are fit to have your procedure.

It is important for you to attend your appointment on the date and time given to you. If you are unable to keep your appointment for any reason please let us know as soon as possible by calling the telephone number on your appointment letter.

Please complete and bring any admission paperwork that may have been given to you, along with a list of any medications you are taking, including any herbal medicines. It would be helpful if you could provide a copy of your prescription from your GP.

You can eat and drink normally on the day of your clinic appointment. If you are diabetic we advise that you bring some food and drink with you, as well as your medication.

Can I bring a friend or relative with me?

Please be aware that visitor restrictions are in place at our hospitals and you should attend your appointment alone where possible. However, we encourage you to bring someone with you for support, such as a carer, if you have any memory, communication or other health problems.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit 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

Why do I need to attend the Pre-operative Assessment Clinic?

We need to make sure that you are fully prepared for your procedure. During your visit the nursing staff will:

- answer any questions you may have.
- talk to you about any current health problems.
- check whether your current medication is suitable for you to continue taking.
- check that you are suitable for an anaesthetic.
- do some tests to check you are fit to have your procedure.

We hope that you will leave your appointment feeling well informed and prepared for your procedure.

What will happen at the clinic?

You will be seen by a nurse and possibly a doctor. An assessment of your health and care requirements will be carried out, to help in the planning of your care.

The nurse will discuss your procedure with you, giving you any special instructions that you need to follow before your procedure. This may include fasting instructions (i.e. when to stop eating and drinking before your procedure), and what to bring in with you.

They will also discuss what to expect after your procedure, including wound care and how soon you will be able to be discharged home.

As we are a teaching hospital, medical students or student nurses may be in the clinic as part of their training. If you would prefer not to have a student present in the room during your appointment, please let the nurse know.

What kind of tests might I need to have on the day?

The tests you will have done will depend on the procedure you are due to have. Some of the tests may need to be carried out in other areas of the hospital. This may mean walking to other departments. If you need someone to help you please let us know.

Tests you may have on the day include:

- Swabs taken to screen for MRSA bacteria and other infections.
- Blood pressure, temperature, pulse and breathing rate.
- Measuring your weight and height.
- Urine test.
- Blood tests.

- Electrocardiogram (ECG) to check your heart's rhythm and electrical activity.
- An X-ray of your chest or another part of your body, depending on what operation you are due to have.

Some patients may also need to see the following members of our team:

- A nurse specialist
- An anaesthetist
- A dietician
- A stoma nurse
- A research nurse

Important information about your current medication

Please remember to bring with you any medication that you are currently taking including herbal medicines. Alternatively you can bring your repeat prescription if this is easier.

It is important to keep taking any prescribed medication on the day of your pre-operative assessment appointment, unless you have been advised otherwise.

At your appointment we will discuss your current medication with you, and tell you if you need to stop any for a set period of time before your procedure (such as medicines that thin the blood).

When you return to hospital to have your procedure, you will need to bring all of your medication with you. They must be in their original packaging or in a clearly labelled daily dispensing box to enable us to identify your medication correctly.

If your surgery/ procedure is cancelled, it is important that you ask when you should re-start any medication that you have been asked to stop.

Preventing the spread of infections

You will be screened for a bacteria called MRSA before your procedure. Swabs will be taken from your nose, an area of skin between your legs (perineum) and any open wounds. If you have a stoma site (an opening in your tummy) we might need to swab this too, so please bring a spare stoma bag with you. We may also need a sample of your urine if you have a urinary catheter.

Please read the enclosed infection prevention leaflet for further information about MRSA. If your swab results come back positive we will contact you with advice on any treatment you may need.

To reduce the risk of infection before your procedure, you may be given some antibacterial wash and antibiotic nasal cream at your clinic appointment; this will depend on the procedure you are having. The nurse will tell you when to start using this.

Alcohol sanitiser for your hands is available in all areas. All patients and visitors should use this when entering and leaving the clinic and any ward areas. This helps to prevent the spread of infection.

Getting to your appointment

If you do not have your own transport, or a friend, relative or carer who can bring you to your appointment, please contact your GP as some surgeries have a voluntary car service available.

For information on hospital transport for eligible patients, please call 0345 241 3012 or visit: www.leicestershospitals.nhs.uk/patients/patient-and-visitor-services/patient-transport-travel/

Car parking

Please allow plenty of time for parking as our car parks can be very busy. Visit our website for maps and information on car parking charges: www.leicestershospitals.nhs.uk/patients/getting-to-hospital/

No smoking

Leicester's hospitals are a smoke free environment. This means that you or your relatives are not allowed to smoke on the premises. This includes outside, within hospital grounds.

If you are thinking about giving up smoking you can speak to the nurse at your appointment. We can provide you with phone numbers for further help and support.

Giving us your feedback

We review our leaflets on a regular basis. If you have any comments about how we can improve the information we give to you, please speak to a member of staff.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ 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

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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