

Perioperative Patient Information Booklet and Checklist

Your guide to the Perioperative Service at

Hospital.

The Perioperative Service is responsible for helping organise your care before, during and after your operation.

You have been given this guide because you are having an operation. You are probably asking 'what do I need to know' and 'what do I need to do'?

This booklet will help with:

- before coming to hospital
- during your hospital stay
- after you leave hospital.



It also includes what to bring, what not to bring and where to go. You need to bring this booklet with you when you come to hospital. You may also be provided with detailed information by your surgeon or the anaesthetist.

If you have any questions, please call the Perioperative Service on (02)

Please tell the nurse when you speak with them if you have had:

- changes in how you are feeling
- recent flu or colds
- been to hospital in the past two weeks
- changes to the medicines you take
- injuries or scratches.

Preparing to come to hospital

Need to know...		
	Time to arrive at the Perioperative Unit	
	Time to stop eating	
	What you can drink and time to stop drinking	
	The medicines/tablets you should take on the day of your surgery with some water	
	If you have diabetes	
	To bring the results of blood tests and x-rays	
	How long you are likely to stay in hospital	
	Hospital visitor times	
	Discharge times	
	What to bring	
	What to leave at home	

Arriving at hospital

Car parking is available, however costs may be involved.

The entrance to the car park is at

or

When you arrive at the hospital, make your way to

You can find us by

What will happen while I wait?

Once you arrive in the Perioperative Unit/Admissions, please go to the reception area.

You may be asked to sit in the waiting room until it is time to have your operation. Sometimes you may notice people going to have their operation before you. People are seen according to their place on the operating list.

Visitors are welcome, but space is very limited, so we ask you bring no more than two people with you.

A nurse and doctor will then ask you questions and take your pulse, blood pressure and weight and you will be asked to change into a hospital gown in preparation for your operation.

What happens after my operation?

If you are **going home on the same day** you will come back to the Perioperative Unit where you will be given something to eat.

You will be able to leave the hospital once you have recovered from your operation and received your medicines to take home. This is usually between 2–6 hours after your operation. Please make sure you have a responsible adult to take you home and stay with you for the next 24 hours. If this is not possible, please talk with your nurse.

If you are **staying overnight or longer**, you will be taken to a hospital ward. We will tell you which ward on the day of your operation.

What happens when you go home?

Before you go home, a nurse will help you complete the following information. If you had a day procedure, a nurse from the Perioperative Service may telephone you the next day to check how you are doing.

What do I do about...	You should...
 Pain medicine	Follow the instructions on the packet
 Wounds and dressing	Leave your dressing intact for days. When you shower you should
 Activity	Exercise: Lifting: Driving: Working:
 Diet / Food you can eat	diet. Or food.
 Toilet	Be aware that pain tablets prescribed after your operation can make you constipated. Contact your GP for advice.
 Problems such as bleeding, high temperature, moderate to severe pain	Contact on (02) and ask for
 Follow up appointment	You will need to see: Dr Date Place Time
 If you have any questions, please call:	

Shared Outcomes Tool – for patient, family and carers

Ideal outcome	Agreed outcome/s	Notes on outcome/s following surgery / procedure	Outcomes following surgery / procedure discussed with surgeon and anaesthetist	Further comments / notes
<i>This tool records the information and agreed outcomes discussed between you, your family/carer, surgeon/proceduralist and the anaesthetist.</i>				
Surgeon / Proceduralist perspective: e.g. reduced knee pain	Surgeon and patient:	i.e. What was the outcome?	Yes / No Provide details of discussion:	Any other notes on the surgery / procedure / patient journey [relating to outcomes]:
Patient perspective: e.g. I want to walk and play golf without pain / What I am not prepared to trade/ give up in considering having this procedure	Anaesthetist and patient:			
Anaesthetist perspective: e.g. reduced knee pain				