

# Patient information

## Admissions Unit – Eastbourne DGH Information for the day of your surgery

This information gives you some advice and helps you prepare for your procedure and visit to the Admissions Unit.

### Before you arrive for your appointment:

- To reduce the risk of infection we ask that you either bath or shower on the morning of your surgery, prior to your admission to hospital.
- In order to avoid infection you should **not** shave around the surgical site prior to your admission. If hair removal is necessary, this will be carried out in theatre.

### Where is the Admissions Unit?

The Admissions Unit is located in the Purple Zone on Level 2 at Eastbourne District General Hospital. Please ask at the main reception for directions to the ward.

### What time should I arrive?

Please arrive at the time stated on your admission letter. If your admission time is 7.30am, please aim to arrive for this time and not earlier as the unit opens at 7.00am and the staff requires time to prepare for the day ahead.

Please be advised your admission time is not the time of your surgery so there will be a period of waiting, it is recommended you bring in something to do during this time i.e. book or newspaper.

### What should I bring with me?

- Your admission letter
- A list of your current medication and any medication that you will need during your stay.
- Please **do not** bring in large amounts of money or valuable items as the Trust does not accept responsibility for loss
- With the exception of wedding bands we advise that you remove all jewellery prior to your admission
- For all admissions we advise you bring a dressing gown and slippers and for overnight stays we ask that you bring a small overnight bag, ensuring you have sufficient room to store your shoes and outdoor clothes. We respectfully request that all patients attending the admissions unit restrict their personal belongings to one hand luggage sized bag.
- It is advisable to wear loose clothing for after your surgery and for leaving the hospital.
- Wherever possible we ask that you only bring one relative/friend with you on admission. We cannot accommodate children under the age of 12 and ask that you make alternative arrangements regarding childcare.
- Please do not wear makeup or nail varnish. Shellac nails and false eyelashes need to be removed prior to admission.

## What will happen before I go to theatre?

- Please check in at our ward reception and you will be shown to a waiting area or bed space. Please advise a member of staff if you are diabetic or take blood thinners
- You will see a surgeon, an anaesthetist (if you are having a general anaesthetic) and a nurse prior to going to theatre
- If you are female and between the age of 16 to 60 you will be required to provide a urine sample as we are required to check for pregnancy on all women of child bearing age prior to surgery
- When you go to theatre, you will be provided with and asked to get changed into a hospital gown.

## Is there anything else I should know?

- Please note that your admission time is not the time of your surgery. Please be prepared for a wait as you will be on an operating list with other patients. On occasions list orders will change due to emergencies
- Wherever possible we will advise you and your relative/carer of the ward you will be taken to after surgery, however sometimes we do not have this information when you go to theatre - we will be able to supply the person accompanying you with a contact number
- When there are bed pressures, patients occasional remain in the theatre recovery room until a bed is allocated on the ward
- The recovery room does not routinely accept visitors. The main hospital ward visiting times are generally 2.30pm to 8.00pm – however please check our website for specific times for each ward
- Please be aware that following a general anaesthetic you are advised not to drive for 24 to 48 hours, you may wish to check your car insurance company/policy regarding this.

## For day surgery procedures

- If you are having a general anaesthetic and going home the same day it is essential that you arrange for someone to collect you from hospital and have someone stay with you overnight
- It is helpful if you can ensure that you have a supply of simple pain relief at home such as Paracetamol and/or Ibuprofen
- If you have certain dietary restrictions such as gluten/wheat or dairy intolerance or if you need to be caffeine free then it is helpful for you to bring this to our attention and bring in some items for your stay.

## More information

We look forward to welcoming you - if you have any questions please:

- Tel: (01323) 414918 Ext: 6661

## Important Information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Other formats

If you require this leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department -Tel: 01424 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following nurses have been consulted and agreed this patient information:

Matron Angela Hawley, Admissions Lounge

Matron Linda Budd, Firle Assessment Unit

Sister Claire Adams, Litlington Ward

Sister Linda Law, Litlington Ward

Evette Davies, Deputy Head of Nursing DAS

The Clinical Specialty/Unit that have agreed this patient information leaflet:

Admissions Lounge/Litlington ward DAS

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Responsible clinician/author: Deputy Head of Nursing, DAS

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