
Addenbrookes Treatment Centre

Preparing for your Surgery

It is very important that your stomach is empty before your operation. On the day of your operation you must:

Stop eating and drinking (including chewing gum) at
You may continue to drink **water only** until

Checklist

- Make up and nail varnish need to be removed before your appointment. Please leave all jewellery and body piercings at home.
- You may bring a dressing gown, slippers and toiletries with you.
- Please wear comfortable, loose fitting clothes and low heeled shoes.
- Please do not bring large sums of money with you.
- Remember to bring all your regular medicines with you, including your GP prescription.
- If you have a medicines exemption card, please bring it with you.
- Please make sure you have a supply of paracetamol or ibuprofen tablets at home for pain relief. You will be prescribed additional pain relief if required.
- If you require a sick leave certificate, please inform the nurse on arrival.

What will happen on the day?

- When you arrive you will meet your nurses who will prepare you for surgery. You will then meet your surgeon and anaesthetist. You will be asked to complete a questionnaire and consent form.
- Please be aware that your appointment time is not the time of your surgery, and a wait will be involved.
- After your operation, you will wake in the recovery area, and then be taken to the ward.

Discharge

- When you are ready for discharge, you must arrange for a responsible adult to take you home and stay with you for 24 hours after your operation. You must contact us before the day of your operation if you are unable to arrange this.
- **You must not** use public transport or drive yourself home.

- If you stay overnight we request that your escort collects you from the discharge lounge in the Day Surgery at 0730 hours. We advise that your escort contacts 01223 256330 before leaving to collect you, to ensure that you will be ready to go home.
- There are pick up points and car parks indicated on the map enclosed.

Aftercare

- It is important to rest for a few days after your operation, especially if nausea or dizziness occurs.
- For 24 hours after your operation you **must not**: Drive any vehicle, operate machinery (including cookers, kettles and irons), drink alcohol, take sleeping tablets.
- If you are worried about your condition, please contact your General Practitioner first.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माहिती वीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभणी शकाय जेवा माध्यम (ओडीओ डोमेन्ट)मां जेठनी छोय तो कृपा करीने पूछी.

Gujarati

تکایه پرسپار بکه نه گهر نه وزانیاریهت دهوی به زمانیکی تر . به بیٹی گه وره یانیش به شیوهی دهنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document history

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