



# Day Surgery

Information for patients



## WELCOME

This booklet has been written to give you information about what you might expect when you come to visit a NHS Lanarkshire Day Surgery Unit.

As you read through it, you may like to write down any questions you may have in the space provided at the back of this booklet and discuss them with us when you come for your appointment.

We realise that however routine a procedure is, it is not routine to you. If you have any questions before your procedure or operation, please contact us and ask to speak to one of the nursing staff. We look forward to welcoming you to the Unit and to providing the care you will need before, during and after your procedure or operation. We hope your stay will be as comfortable as possible.



Our staff are committed to caring for you efficiently and politely and we ask that you treat them considerately.

## WHAT IS DAY SURGERY?

The Day Surgery Unit provides a service where you can have your operation, procedure or investigation carried out and be allowed home on the same day. Many surgical procedures, which are relatively brief and uncomplicated, are carried out this way.

### Please note

Although we aim to get you home from hospital the same day, this is dependent upon your recovery. Please don't make plans for later that day or evening as you may need an extended recovery period or overnight stay in hospital.

## WHAT SORT OF ANAESTHETIC WILL I NEED?

Some procedures include Spinal anaesthetic and are carried out under general anaesthetic (*asleep*), others require sedation (*you are sleepy but awake*), and some require only local anaesthetic (*the area is numbed by injection, but you are awake*).

The appointment information sent out to you will tell you which type of anaesthetic you will need.

## THE DAY SURGERY UNIT

- ❖ The Day Surgery Units are open Monday to Friday (*closed for Public Holidays*). You will not be able to access the Departments before or after these times.

Hairmyres	7.15am to 9.00pm
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Monklands	8.00am to 8.30pm
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Wishaw	7.30am to 8.00pm
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- ❖ We treat both male and female patients.
- ❖ We provide care mainly for adults however we do admit children to the Unit (not Wishaw hospital).
- ❖ Parental support and care are welcomed and advised for children attending the Day Surgery Unit. However, we would appreciate it if you would limit this to one parent/guardian.
- ❖ To enable us to provide the best possible service, we do rely upon you to help us. Please follow any written instructions and advice given to you.

## HELPING STAFF TO LEARN

NHS Lanarkshire Day Surgery Units play an important part in the training of students. We are sure you will understand the need for students to gain experience and hope that you do not mind their presence. We will ask for your agreement prior to students being present.

However you have the right to refuse and this will not affect your treatment.

## YOUR APPOINTMENT

If you are unable to attend your appointment you should contact the telephone number on your appointment card as soon as possible. You will then be given a new appointment.

## SPECIAL ARRANGEMENTS

If you need additional support such as an interpreter, someone to sign if you are deaf, assistance if you are visually impaired or lifting equipment, please contact your Consultant's secretary giving as much notice as possible.

## PREPARING FOR ADMISSION

Please follow any specific instructions given to you prior to your admission, for example:

- ❖ Date and time of your admission.
- ❖ Fasting instructions (*eating and drinking instructions before your procedure*).
- ❖ Instructions about special diets.
- ❖ Instructions about medications (*please bring your current medications with you*).
- ❖ Please shower or bathe on the morning of admission and remove all make-up, nail polish, shellac and gel nails.
- ❖ Please bring toiletries/slippers/dressing gown where needed. Do not bring money, jewellery or other valuables with you. The hospital cannot be responsible if you lose any of your belongings.
- ❖ Please refrain from smoking 24 hours prior to your procedure.

# ADMISSION

## Transport

### **By public transport:**

For all public transport information contact: Travel Line Scotland on **0871 200 2233** or at [www.travelinescotland.com](http://www.travelinescotland.com).

### **By ambulance:**

If you need ambulance transport please contact the Scottish Ambulance Service on Tel No: 0300 123 1236 no later than 48 hours before your admission.

### **Parking:**

All NHS Lanarkshire Acute Hospital car parks are free and provide Disabled parking bays.



## Transport home

Following a general anaesthetic or sedation, you will need to be accompanied home by a responsible adult. Please make suitable arrangements; public transport is

not appropriate. If you use a taxi, you will need to be accompanied by a responsible adult and be able to pay the taxi fare.

## **Arrival**

Please arrive at the Unit at the time requested and report to the reception area. Remember to bring your appointment card/letter with you.

We will ask you for some personal details as well as details of your next of kin. If you are having a general anaesthetic or sedation, we will also ask you for information about your health and medicines.

You will not go to theatre immediately when you arrive at the Unit. Time will be allowed to prepare you for your procedure and your blood pressure, pulse and temperature may be monitored. A doctor and/or an anaesthetist may also see you.

### **Please note:**

The length of your stay will vary depending on the theatre lists and the type of anaesthetic you have. Although your admission time may be early morning, you may not go to theatre until later that morning depending upon where you are on the theatre list. The same applies to afternoon appointments.

## **Escorts**

We would recommend that the person accompanying you goes home and we will contact them to let them know when you are ready to leave hospital. There is a small waiting area for relatives or friends wishing to stay during your visit.



## AFTER YOUR OPERATION/PROCEDURE

After your operation you will be monitored and cared for in the recovery area.

You will be offered some light refreshment before you go home.

If you have a **general anaesthetic** you may need to remain for most of the day.

If you have **sedation**, please be prepared to remain in the Unit most of the morning or afternoon, depending on your admission time.

If you have your procedure carried out under a **local anaesthetic**, we may ask you to wait in the Unit until the staff think you are well enough to go home.

You may go home with your escort once staff are happy that you have recovered from the effects of your anaesthetic.

### Day Surgery Unit:

Hairmyres 01355 585648

Monklands 01236 712657

Wishaw 01698 366465

## GOING HOME

After a general anaesthetic or having sedation

- ❖ You must not drive a vehicle for 24 hours.
- ❖ You must ensure a responsible person escorts you home.
- ❖ You must have a responsible person to care for you for 24 hours.
- ❖ You must not drink alcohol for 24 hours.
- ❖ You must not operate moving machinery or electrical equipment for 24 hours.



- ❖ You should not sign any legal document for 24 hours.
- ❖ You must not be alone in charge of a baby or young child for 24 hours.

## **After you return home**

We will arrange for the District Nurse to visit you at home if necessary.

We will give you written and verbal information/advice regarding your aftercare.

If you receive any medications to take home, we will provide you with instructions on how to use them.

## **Problems**

If you have a problem in the 24hrs following discharge please contact the Day Surgery Unit you attended.

You can also contact your own GP and outwith hours you can also contact NHS 24 on Tel No: 111.

## CHILDREN IN THE DAY SURGERY UNIT

- ❖ We recognise that for children, hospital can often seem a strange place. We aim to provide a welcoming environment for children visiting our Units and make every effort to make your child's stay as comfortable as possible.
- ❖ We aim to ensure the safety of your child in hospital by providing a hazard free environment.
- ❖ We recognise the right of children to be treated as individuals, and their right to honest explanations about their care, in a language that they understand.
- ❖ We place emphasis on play both as a means of enjoyment and as a means of diversional therapy.
- ❖ We acknowledge the value of children being with their own family and encourage one parent or guardian to stay with their child if they wish to do so, and participate in their care.

# FOR YOUR COMFORT

## Discharge Area

Once recovered, you may wait for your escort in our discharge area.

## Toilets

There are toilet facilities within the Day Surgery Unit for both patients and relatives.

## Refreshments

Beverages and light snacks, where appropriate, are available for patients after their procedure.

Each hospital has a restaurant and coffee bar for use by the relatives and visitors.

The following facilities are also available in and around the main entrance of the hospitals.

- ❖ Toilets
- ❖ Telephones
- ❖ Baby changing facilities
- ❖ Cash dispenser machine
- ❖ Shop

PLEASE DO NOT USE MOBILE  
PHONES WITHIN THE  
HOSPITAL.



THANK YOU 

## Telephones

Please switch off your mobile phone where the signs tell you to do so.

## Revised No Smoking

Smoking or use of electronic cigarettes is not allowed at or around doorways or anywhere on hospital grounds. You can be treated for Nicotine Withdrawal whilst in hospital. Stopping smoking whilst in hospital can have health benefits for you; this could mean less time in hospital and fewer risks of complications.

If you wish to quit ask for referral to the Stop Smoking Nurse within the hospital or if you plan to quit before admission contact us on Tel No: 0300 3030 242 or text 'Advice' to 81066 or visit [www.nhslanarkshire.org.uk](http://www.nhslanarkshire.org.uk) to find your nearest service. The Stop Smoking Service is Free, Friendly and has helped over 17,000\* people quit.



## Guide/hearing dogs

Guide/hearing dogs are permitted within the hospital building.

## WE ARE LISTENING - HOW DID WE DO?

Your feedback is important as it helps us evaluate the services we provide. It allows us to identify areas where we are doing well but also areas that we can try and improve. If you would like to tell us about your healthcare experience you can:

- ❖ speak to a member of staff
- ❖ complete a “We are listening” card and hand it to a member of staff.
- ❖ contact us via our website [www.nhslanarkshire.org.uk](http://www.nhslanarkshire.org.uk)
- ❖ call us on Tel No: **01698 858321**  
Monday - Friday from 1pm - 4pm
- ❖ share your story at [www.careopinion.org.uk](http://www.careopinion.org.uk)  
or call Tel No: 0800 122 31 35

## CHECKLIST

- Bring your appointment card/letter
- Have you arranged for someone to take you home and care for you for 24 hours?  
*(If required)*
- Have you remembered not to eat or drink? *(If necessary)*
- Have you put your medications in your bag and followed any instructions you were given about your medication?
- Have you left your valuables at home?
- Have you packed your slippers and dressing gown?





## CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at [www.nhslanarkshire.scot](http://www.nhslanarkshire.scot) or ask a member of staff for a copy of our Data Protection Notice.

## FURTHER INFORMATION

- ❖ NHS24 - Health Information and Self Care Advice for Scotland

Comprehensive up-to-date health information and self care advice for people in Scotland.

[www.nhs24.com](http://www.nhs24.com)

Tel No: 111

- ❖ NHS inform - the national health information service

Quality assured health and care information for the public in Scotland.

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

Tel No: 0800 22 44 88

## **University Hospital Hairmyres**

Eaglesham Road  
East Kilbride G75 8RG  
Telephone 01355 585000

## **University Hospital Monklands**

Monkscourt Avenue  
Airdrie ML6 0JS  
Telephone 01236 748748

## **University Hospital Wishaw**

50 Netherton Street  
Wishaw ML2 0DP  
Telephone 01698 361100

Web site: [www.nhslanarkshire.scot](http://www.nhslanarkshire.scot)

If you need this information  
in another language or  
format, please contact the  
NHS Lanarkshire General Enquiry  
Line on 0300 303 0243 or e-mail  
[info@lanarkshire.scot.nhs.uk](mailto:info@lanarkshire.scot.nhs.uk)

Pub. date:	April 2018
Review date:	April 2020
Issue No:	05
Author:	Day Surgery