



Royal Orthopaedic Hospital NHS Foundation Trust Patient Information

Preparing for your Day Procedure (starved)

Welcome to the Royal Orthopaedic Hospital (ROH).
For further information please visit www.roh.nhs.uk

Preparing for day procedure

A procedure has been arranged for you as a day case. This leaflet gives you information about the Admissions and Day Case Unit (ADCU) and what you need to do to prepare for your treatment. It is anticipated that you will be admitted and discharged on the same day and we operate staggered admission times in order to facilitate the smooth flow of patients through ADCU.

You should expect to be on the ADCU for most of the day.

So that your care runs smoothly it is important that your discharge is well planned in advance. However, occasionally, it is necessary for some patients to have an unplanned overnight stay or later discharge from another ward. Please ensure you bring a **small** overnight bag and have in place a contingency plan in place e.g. for family, pets etc.

PLEASE NOTE: Your admission time is NOT the time of your operation.

There are usually 10 operating theatres in use and the time of your operation depends where you are on the theatre list. On your day of admission the ADCU team will advise you of an approximate time for your operation. Occasionally due to unforeseen circumstances, your procedure time may be subject to change. We ask for your cooperation and patience if this should happen to you.

Confirming your treatment date:

Please contact the number printed on your admission letter as soon as possible to

either confirm your acceptance or to let us know this date is not suitable.

Information about eating and drinking before you come in to hospital

Please check your admission letter **carefully** and note the **admission date** and **admission time**. **It is essential that eating and drinking guidelines are followed in order for your treatment to be carried out safely.**

- You can drink plain water up to **1 hour before your admission time**
- Drinking enough water will help your wound to heal and will reduce your risk of pressure ulcers and blood clots.
- You **must not** have any food, boiled sweets, chewing gum, mints, tea, coffee, milk, fizzy drinks or juices for **6 hours before your admission.**

On the day of your admission

The Admission and Day Case Unit (ADCU) is located via Gate A where there are drop off facilities in Car Park A (limited to 20 minutes). The entrance to ADCU is a short walk from the car park. If you require assistance (e.g. wheel-chair) you can contact the porters on the phone located opposite the Courtyard Garden.

If you are brought in by a relative or friend, they can accompany you to the Admission Reception Area, where you will be checked in by the reception staff.

Relatives/friends are more than welcome to wait in the Reception Area with you until you are called through to the Day Case Bays. ADCU Reception is often very busy so relatives/friends wishing to wait for you while you have your procedure, may like to consider using the café facilities in the main hospital building.

Updates on progress, expected discharge time etc. can be received from the ADCU Reception staff or by contacting them on **0121 685 4080**.

Storage space is very limited in ADCU and on the ward. For the safekeeping of your belongings whilst you are in theatre your luggage will be kept in a lockable locker, measuring length 60cm x width 40cm x height 30cm (23 x 15 x 11 inches). Therefore we ask you to only bring a bag which will fit in to the lockable space.

Your privacy and dignity is very important to us. With this in mind, the unit has individual changing cubicles for you to use prior to your procedure. Staff will be available to support you and answer any questions that you might have.

Planning ahead

To ensure your treatment goes as smoothly as possible, please use the following instructions to help plan ahead.

- Ensure you have contingency plans in place (e.g. for children, pets) in case you need to be kept in overnight.
- Ensure you have arranged to be transported home in a private car or taxi as you should not drive after your procedure. **Public transport is not allowed.**
- You must organise for a responsible adult to be with you at home for the first 24 hours.
- Bring all your medication (including inhalers) in their original container on the day.
- Take your regular medication as normal on the day of admission, with a sip of water only unless you have been advised otherwise by the hospital.
- Ensure you have at least a seven day supply of Paracetamol and Ibuprofen (if

tolerated), or your normal painkillers, at home ready for when you are discharged.

- Be aware that some foods are not always available at the hospital. If you are on a special diet such as gluten free, please bring in some of your own foods.
- Remove make-up, nail varnish and false nails before arrival.
- Come in sensible footwear and loose clothing to allow room for large dressings around the operation site after your procedure.
- Bring a dressing gown and slippers, as you will walk to the theatre department if you are able to.
- Try to refrain from smoking for at least 1 week before your operation.
- Only bring money for use on the day
- Bring something to read as you may have to wait some time for your procedure.
- Remove all jewellery. Wedding rings may be left on unless your procedure is for that particular hand/arm.

Valuable items

You are restricted to one item of hand baggage only (i.e a small holdall/sports bag). Your bag cannot exceed 60cm(L) x 40cm(W) x 30cm(H) Please note: Storage space for hand baggage in ADCU is very limited. A bag exceeding the dimensions quotes above, will not fit inside a secure locker.

Infection control

You are encouraged to ask any member of staff to clean their hands before touching you. Our Infection Control Team works alongside all staff to promote best practice, but there are some things you can do yourself to reduce the risk of infection to you and other patients.

- Eat a healthy balanced diet and drink plenty of water.
- In order to reduce the risk of infection and give you the best possible outcome we would ask that you take a hot soapy bath or shower on the night before surgery and the morning of surgery, including washing your hair.
- Do not use deodorant spray, body lotion or perfume.
- Please ensure you wear a full set of clean clothes for admission.
- Clip your nails.

- Remove any nail polish from fingers and toes.
- Do not shave the area of surgery.
- Only bring in essential items with you so your bed space remains clean.
- There is a no flowers policy at the ROH.
- Always wear slippers or light shoes.
- Inform the nurse if your dressing is wet or loose.
- Never share your toiletries.
- Never sit on other patient's beds or chairs.

Pain

When you go home you will be given pain killers if you need them. Information on how to take your painkillers will also be given to you. If you need more pain killers after you have used these, you will need to see your GP who will discuss further pain relief with you.

Nutrition

Good nutrition is important as it is critical to the healing process. A well balanced diet helps you to recover more quickly and reduces the risk of complications. You need to increase the amount of **protein** you eat in the weeks before and after your surgery. By increasing your protein intake, it will help your body heal itself more quickly and effectively. **Protein** is found in foods such as chicken, fish, and eggs (try to avoid greasy, fried foods). If you are a vegetarian make sure you are meeting your protein needs. Add dark green leafy vegetables into your meals before and after surgery, such as cabbage, spinach, broccoli, and asparagus. These contain **vitamins** and **minerals** which will speed up your healing rate and aid in your recovery. Try to drink 8-10 glasses of water daily in the weeks before and after your surgery. This will help your wound to heal well, make you less tired and help you to recover more quickly. If you are normally on a restricted fluid intake, please consult medical staff before changing your fluid intake.

What are hospital-associated blood clots?

A hospital-associated blood clot occurs in patients when they are in hospital, and up to ninety days after a hospital admission. There are two kinds:

1. Deep vein thrombosis (DVT): a DVT is a blood clot (also known as a thrombosis) that forms in a deep vein, most commonly in your leg or pelvis. It may cause no symptoms at all or cause swelling, redness and pain.

2. Pulmonary embolism (PE): If a clot becomes dislodged and passes through your blood vessels it can reach your lungs, this is called a PE. Symptoms include coughing (with blood stained phlegm), chest pain and breathlessness. If left untreated a PE can lead to death. Health professionals use the term venous thromboembolism (VTE), to cover both DVT and PE. **If you develop any of these symptoms either in hospital or after you go home, please get medical advice immediately.**

Are blood clots common?

Blood clots occur in the general population in about one in 1000 people every year. You may have heard about DVT in people who have been on an aeroplane, but you are much more likely to get a blood clot after going into hospital. About two thirds of all blood clots occur during or after a stay in hospital. Each patient's risk is assessed on admission to hospital. If you are at risk, your doctor or nurse will talk with you about what will be done to offer you protection against clots.

Who is at risk?

Any unwell adult admitted to hospital is at risk. Other examples of factors that put people at greater risk include:

- having an operation
- a previous clot
- a recent diagnosis of cancer
- certain 'sticky blood' conditions such as antiphospholipid syndrome or Factor V Leiden
- being overweight
- being immobile
- oestrogen-containing contraceptives and hormone replacement
- significant injury or trauma
- during and after pregnancy

What can be done to reduce my risk?

Inflatable sleeves: You may be asked to wear calf or foot pumps; special inflatable sleeves around your legs or feet while you are in bed or sat still in a chair. These will inflate automatically and provide pressure at regular intervals, increasing blood flow out of your legs.

Stockings: In hospital, you might be measured and fitted with anti-embolism stockings for your legs. You should be shown how to wear them and told to report any new pain or discomfort in your feet or legs. You should remove your stockings for a short time every day so that you can have a wash and check for any skin problems.

Blood thinners: Most patients at risk will be prescribed a small dose of an anticoagulant (blood thinner). These reduce the chance of having a blood clot by thinning your blood slightly. If you need to take these medicines when you leave hospital, you will be told how long to take them for. The blood thinner most often used is a type of heparin, which is given by injection. Please be aware that some 'blood thinners' are derived from animal origins, please discuss with your nurse or doctor if this is a concern to you.

There may be reasons why some of the above are not suitable for you. To be effective, these methods of prevention must be used correctly and the course prescribed completed. If you have any questions or concerns, please ask your doctor or nurse.

What can I do to help myself?

If possible, **before coming into hospital:**

- Talk to your doctor about contraceptive or hormone replacement therapy. Your doctor may consider stopping them in the weeks before an operation and will provide advice on temporary use of other methods if your usual contraceptive is stopped.
- Keep a healthy weight.
- Do regular exercise
- physiotherapist for more information
- Ask your doctor or nurse: "What is being done to reduce my risk of clots?"
- Drink plenty of fluid to keep hydrated.

When in hospital:

- Keep moving or walking and get out of bed as soon as you are able after an operation – ask your nurse or physiotherapist for more information.
- Ask your doctor or nurse: "What is being done to reduce my risk of clots?"
- Drink plenty of fluid to keep hydrated.

What happens when I go home?

Until you return to your usual level of activity, you may need to wear anti-embolism stockings after you go home. Your nurse will tell you how to put them on and what you should check your skin for. If you need to continue anticoagulation injections at home, your nursing team will provide information and teach you how to do this. If you have any concerns make sure you speak to a nurse before you leave. It is important that you complete the prescribed course. **If you develop any sign or symptoms of a clot at home, seek medical advice immediately, either from your General Practitioner (GP) or your nearest hospital's emergency department.**

Further information

Please ask your doctor or nurse for more information.

- **NHS Choices** website patient information on blood clots. Visit www.nhs.uk/thrombosis
- **Patient Advice and Liaison Service (PALS)** – To make comments or raise concerns about the Trust's services, Contact 0121 685 4128
- **NHS 111**– Offers health information and advice from specially trained nurses over the phone 24 hours a day.

Useful information :

Visiting hours

Ward 1,2 and Ward 12:

10am -12pm, 1pm -5pm, 6pm -8pm

Please note that the meal times

(12pm -1pm and 5pm - 6pm daily) are

protected and we ask that all visitors leave at these times to ensure that patients are not interrupted whilst eating.

Refreshments Facilities

Café Royale

Café Royale is situated on the first floor of the Treatment Centre (down the corridor from X-ray), serving hot and cold meals and drinks, light refreshments and snacks.

Opening times

Mon - Fri 7.30am -6.00pm
Sat 8.00am -1.30pm

Breakfast Service

Mon-Fri 8.00am-10.30am
Sat 8.30am-10.30am

Lunchtime Service

Mon-Fri 12.00-2.00pm
Sat 12.00-1.30pm

Please note: There is currently no restaurant service on Sundays.

Vending machines

Vending machines are available, 24/7 and are located in the corridor by the restaurant.

RVS kiosk

There is a RVS kiosk, in the new Outpatients Department where you can purchase hot or cold drinks, snacks, magazines, newspapers and toiletries.

The opening hours are:

Mon to Fri: 8.00am to 6.00pm

Sat and Sun: 10.30am to 4.00pm

Snack trolleys

RVS run a trolley service to the wards on a daily basis, selling newspapers, confectionary, snacks, cold drinks and toiletries.

Public transport

A regular bus service(61and 63) runs south from Birmingham city centre along the Bristol Road and stops directly outside the hospital. The 144 Service runs from Birmingham to Worcester via Bromsgrove and stops directly outside the hospital.

Car Parking

The main patient and visitor car park is located via Gate C and there are a small number of parking spaces available for patients and visitors in the parking area at Gate A. Patients and visitors are able to park free for the first 20 minutes. You will be required to obtain a ticket from the Pay and Display Machine when

making use of the free 20 minutes parking. Valid tickets must be displayed on site at all times.

Blue Badge Holders

There are 11 blue badge spaces in the main car park at Gate C, and a further 9 spaces available at Gate A.

A concessionary charge of £3.00 applies for all blue badge holders which covers a period of up to 5 hours. **Blue badges must be displayed along side the pay and display ticket.**

Car Parking Charges

Patients and visitor parking is available at gate entrance A and C, the main visitor car park is located off gate entrance C, close to the Outpatients Department. The hospital operates a pay and display system and the following charges apply:

Up to 20 minutes :	Free
Up to 2 hours:	£3.80
Up to 5 hours:	£5.00
Up to 24 hours:	£7.50
Blue Badge up to 5 hours:	£3.80
7 day pass:	£17.50
28 day pass:	£50.00

For information on how to obtain car park passes please ring 0121 685 4201 before your visit for more information.

The Pay and Display machines accept card payments and coins only. Notes are not accepted. Patients and patient visitors are advised to have the correct change when attending the hospital. A cash machine and change machine is available on-site and is located opposite the entrance to the X-Ray Department. **Valid tickets must be displayed at all times.**

Further information about parking can be found on our website www.roh.nhs.uk or contact the Car Park Co-ordinator on 0121 685 4201.