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The Leeds Teaching Hospitals



NHS Trust

INFORMATION FOR PATIENTS

# Neurosurgical Unit Same Day Surgery





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## Your admission to the neurosurgical unit same day surgery

Thank you for attending Pre-assessment Clinic. Following your appointment, providing you are fit, willing and available for your planned surgery, you will be placed on the waiting list to come into hospital for your operation.

Occasionally, further tests are required to be 'fit for surgery', when this is the case, the nurse and doctor will discuss the problems with you. The tests may not always be done on the same day and may need another visit to the hospital or your GP.

## Welcome to the ward

The neurosurgical unit cares for elective (*waiting list*) patients, and also emergency admissions for patients with conditions of the brain and spine.

You are likely to be admitted to Ward 45, which is a 5 and ½ day ward (*open from 7am Monday to 3pm Saturday*). Ward 45 is on C floor of the old site at Leeds General Infirmary and the ward telephone number is 0113 392 7145.

## Cancellations

Please be aware the Neurosurgical unit also deals with emergency admissions from throughout West / North Yorkshire. At times we may experience difficulties with bed availability; regrettably we are not able to predict this. Should this occur, and a bed is unavailable, it will postpone your surgery. The secretary will then contact you offering another date.

## Preparing for admission

You will be sent an admission letter which will inform you of the proposed date for your operation. Your surgery will take place on the same day as your admission to hospital. You may be asked to

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attend the ward as early as 7am on the day, however we cannot give accurate theatre times, and you will be asked to wait in the pre- surgery day room.

**Please have nothing to eat or drink**, (*including sweets, chewing gum and water*) from midnight prior to your arrival on the ward. Failure to fast will result in cancellation of your surgery. In the morning, please take all your medications as usual, with only half a glass of water. Also please bring all your medication into hospital in the original boxes and bottles.

Please bring the following into hospital with you:

- Night clothes, dressing gown, slippers, toiletries.
- A book / magazine, small change for the chargeable TV / phone service (optional).
- Please remove all nail varnish and false nails.

Please do not bring excess belongings / suitcases into hospital with you, as there is only a small locker. Please leave valuables at home, as the trust accept no responsibility for loss or damage of such items. You should not bring any electrical items into hospital. Due to health and safety regulations these are not allowed to be plugged into hospital sockets.

## Visiting

Due to infection control policies and the nature of some surgery performed, the unit operates a strict visiting policy. Once you have arrived and settled on the ward, your visitors will be expected to leave the ward if it is outside normal visiting hours.

**The MAXIMUM number of visitors to each patient is 2.**

Currently visiting times are:

2pm - 4pm

6pm - 8pm

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We ask all visitors not to sit on beds, and all children must be kept under supervision at all times.

Visitors who do not comply with this policy will be asked to leave.

## **Smoking policy**

In line with government legislation, Leeds Teaching Hospitals operates a strict non-smoking policy in all buildings and grounds. This applies to staff, patients and visitors. You are advised to cut down, or stop smoking prior to your surgery. However, if you think that being unable to smoke during your hospital stay will be a problem, you might like to consider seeking advice from your GP, or buying nicotine patches to use whilst in hospital. Please inform a doctor or nurse on arrival if you are intending to use a patch as these will need to be prescribed for you.

## **Being admitted**

On arrival, you will be shown to the waiting area and asked to shower and wash your hair, using an antibacterial wash provided by the hospital. You will also be given a gown and theatre stockings to wear. The nurse will check through your details to highlight any changes. Please let the nurse know if you have any new concerns.

Following this, an anaesthetist will visit you before you go for your operation. Your consultant or his registrar will also see you to answer any questions you have, and you will be asked to sign a consent form for theatre. At this point the consultant will mark the skin or area where you are having the surgery.

Once you have arrived on the ward, we ask that anybody accompanying you leaves the ward until visiting hours for patient care and confidentiality reasons.

## **Going to theatre**

Before you go to theatre the nurse will check your identification,

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documents, allergies, and check you have removed all your jewellery. You will then be escorted to theatre, this may mean walking down or going on a trolley depending on your health.

After the operation you will wake in recovery and when you are ready to return to the ward a nurse will come and collect you.

## After the operation

When you arrive back on the ward, you will have been allocated a bed. You will be able to drink and eat on return, but would normally advise waiting until you are settled and any nausea / sickness have passed. You also may have an IV drip up (*fluid*). You will be monitored closely for the next few hours, having your blood pressure, pulse and oxygen levels taken regularly. Your wound will be checked at this time also, and you may have a small drain in to take away any excess blood from the area.

Unless the consultant has advised the nursing staff otherwise, you will be encouraged to mobilise as soon as possible. This prevents post-op complications, such as blood clots, chest infections and additional pain. Please ask the nurse for assistance the first time you get up.

## Going home

Most patients are usually ready to be discharged from hospital the day after their surgery. Your doctor, nurse, physiotherapist and occupational therapist will all be involved in this decision and some surgery may need a longer recuperation time.

On the day of your discharge, please be ready to leave by lunchtime. If you are waiting for tablets or transport the nurses may ask you to wait in the day room, or transfer you to the discharge lounge.

It is important you are fully prepared for your discharge. Please help by making the following arrangements:

- Plan how you are going to get into hospital and make provisional

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arrangements for your collection. Ambulance transport is now only available for those who are **physically unable** to make their own way into hospital.

- Consider how you are going to manage at home first thing after the operation. It is advisable that for the first 48 hours someone should be with you at home. If you live alone this could be family, friend or neighbour.
- If you have problems managing normal living activities before surgery, you should consider if these issues will be more difficult after your admission. Your GP and social services will be able to help with advice and assistance with this.

Lastly, we appreciate that coming into hospital is an anxious time for both you and your family. All our staff will try to make your stay as comfortable as possible. We hope this leaflet will help answer some questions and outline your stay on the ward. If you have any problems or worries, please don't hesitate to ask.

