

**Information regarding the  
Day of your Surgery at the  
Royal Gwent Hospital**

**Consultant Surgeon:** .....

**Date of Admission:** .....

**Operation:** .....

**You are being admitted to ward D 5 East on the day of your operation.**

**On the day of your operation you will be expected to:**

- **Arrive to Bellevue Outpatient Clinic on the day of your operation at 07.30hrs.**
- **DO NOT eat or drink anything after midnight on the evening prior to surgery including chewing gum, nicotine replacement or sweets.**
- **DO DRINK tap water between the hours of midnight and 06:30 the morning of surgery.**
- **Please have a bath or shower on the morning of admission.**
- **No makeup, please remove hair extensions, nail varnish, gel/shellac or false nails, metal hair clips, contact lenses or jewellery (wedding ring only).**
- **Please bring any medication (including inhalers) you are currently taking with you.**
- **Please take the following medication as prescribed @ 06:30 hours on the day of your operation.**

.....  
**Please check if you are on a morning, all day or afternoon theatre list as this will affect your fasting instructions. Generally no food for > 6 hours and no water for > 2 hours before surgery. You are not permitted water that is carbonated (fizzy), or flavoured and/or contains particles (bits). Please check with the nursing staff where you are on the theatre list on your admission. Any pre assessment queries please phone: 01633 238516**

**Whilst we cannot guarantee you a bed on the day of your operation every effort will be made. Enquires D 5 East: 01633 234104/5 or 234383**

**Please do not:**

Smoke on the day of your operation. For free support contact Stop Smoking Wales on 0800 0852219. ABUHB is promoting a completely smoke free environment. Therefore we ask you to respect the smoking ban inside the hospital and outside including entrances, hospital grounds & car parks.

Drink alcohol the night before your admission.

Take any recreational drugs for at least 14 days before your operation.

Bring any valuables or large amounts of money.

Drive yourself to the hospital.

Shave the operation area.

**Please do:**

Contact D5 East if you cannot keep your appointment for admission for any reason.

Contact D5 East if your health changes between your pre assessment and your admission for e.g. you currently have a cough, cold, sore throat, chest infection, flu, contagious infection or you are on antibiotics as this may mean your surgery is postponed.

Remove any body piercings.

Only in exceptional cases will you be able to attend with a relative or friend.

**“This document is available in Welsh / Mae’r ddogfen hon ar gael yn Gymraeg”.**