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Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

# The Grange University Hospital

## Patient Information Booklet

### Ear, Nose & Throat Department



**It is very important that you follow all the instructions in this leaflet carefully. Failure to do so may mean that you cannot have your treatment.**

**Please note smoking in The Grange University Hospital and its grounds is prohibited**



## **Anaesthetics**

**If you do not follow these instructions completely your operation could be cancelled or postponed.**

It is very important that your stomach is empty when you have a general anaesthetic. To be sure of this you must not eat or drink for some time before your operation.

If you are taking Omeprazole, Lansoprazole, Pantoprazole or Esomeprazole please take as directed by the Pre-Assessment Nurse.

**Please follow these fasting instructions:**

### **Morning Operations-to come in for 7:30am**

You can eat and drink normally until 2am. You can only drink small amounts of plain, non-fizzy, unflavoured water (150mls/hr) until you are collected for theatre. You must not have any other kind of food after 6am. This includes chewing gum, sweets and nicotine replacement.

### **Afternoon Operations-to come in for 10:30am**

You can drink water through the night and have a light breakfast on the morning of your operation, this includes toast, cereal, tea/coffee. This must be finished by 7:30am and no further food thereafter. This includes chewing gum, sweets and nicotine replacement. You can only drink small amounts of plain, non-fizzy, unflavoured water (150mls/hr) until you are collected for theatre.

### **Before You Come into Hospital**

**Please arrange the following things before you come into hospital:**

- Make sure you have someone to take you home. You should not use public transport after your operation. If you think you may be eligible for hospital transport, you can call 0800 32 82 332 for information and advice.
- Make sure you have a responsible adult to stay with you for 24 hours following your operation, including overnight if you go home on the day of your operation.

### **Things you must not do**

- Do not take recreational drugs for 14 days before your treatment. This may result in your operation being cancelled
- Do not drink alcohol the night before your treatment
- Smokers should decrease the amount smoked one week prior to the procedure and stop completely for the 24 hours immediately before coming into hospital
- Do not wear any jewellery, body piercings, makeup, acrylic nails or nail varnish, hair extensions or false eyelashes. You may wear a wedding ring.

## **Medication**

If you take Warfarin, Aspirin, Dipyridamole (Persantin), Clopidogrel (Plavix), Dabigatan, Apixaban or Rivaroxaban please ensure you have followed the instructions given by the Pre-Assessment team to stop them. If you have lost your instructions, or have recently started taking any of these medicines, please telephone the Pre-Assessment Department on 01633 238178.

## **Are You Fit and Well?**

If there is any change in your health, i.e something new is diagnosed or your medication is changed. If you suspect that you have an infection of any kind which has not been treated with antibiotics (or if you have a cold or chest infection) this may affect your admission.

If you have any concerns, please call:

Ear, Nose and Throat Scheduling Clerks on 01633 234420/ 238567

## **Admission on the Day of Surgery**

Things to do on the day you come into hospital:

- ✓ Please shower or bath before coming into hospital. Do not use creams, oils or talc on your skin
- ✓ It is advisable to wear loose fitting clothes and flat comfortable shoes unless otherwise instructed
- ✓ Take your prescribed medication as usual with a sip of water, unless you have been advised to stop it by the Pre-Assessment team

Things to bring with you:

- ✓ All drugs, medicines and inhalers you are taking
- ✓ Pyjamas, nighties, dressing gown, slippers, some toiletries and a towel
- ✓ Something to read
- ✓ Named glasses case, container and solution for contact lenses, if worn

## **Please report to Grange University Hospital, Ward C, Ground Floor**

You will be greeted by a member of staff who will check your name, address, date of birth and GP details. A member of the nursing team will carry out some final medical checks. You will also be seen by both your surgeon and anaesthetist who can answer any medical queries you may have about what will happen during the day.

## **Visiting Hours-To be facilitated by the ward**

## Discharge From Hospital

After the anaesthetic

Your judgment may be impaired for 24-48 hours after a general anaesthetic

Therefore, it is important that you:

- DO NOT drive a motor vehicle or ride a bicycle
- DO NOT operate machinery or domestic appliances
- DO NOT drink alcohol
- DO NOT sign any legal documents

## Useful Information

Planned Procedure .....

Date of Admission .....

## Contact Numbers

Pre-Assessment Department 01633 238178

Ear, Nose and Throat Scheduling Team 01633 234420/ 238638 238567

## Useful Websites

ENTUK

EIDO

[Rcoa.ac.uk/patientinfo/anaesthesia-explained](http://Rcoa.ac.uk/patientinfo/anaesthesia-explained)

**This document is available in Welsh/  
Mae'r ddogfen hon ar gael yn Gymraeg**