

## Patient Information Leaflet



**Caring, efficient and patient centred; Our NHS Day Surgery unit is dedicated to your wellbeing and providing exceptional surgical care.**

### **What is Day Surgery?**

Day surgery is an operation or surgical procedure that does not involve staying overnight in hospital. Patients are admitted on the day of their procedure, and go home the same day.

Royal Gwent Day surgery Unit is open 07:00-19:30 Monday-Friday.

To ensure privacy and dignity of patients, we do not allow visitors on the Day Surgery Unit, unless advised by a member of staff, in special circumstances.

The Royal Gwent Day Surgery Unit is a mixed sex ward with communal toilet facilities.

## **Fasting Information**

Do not eat after 02:00am on the morning of your surgery. Please have a drink of clear fluids (water, squash, black tea or coffee) before 06:00am. You can continue to sip water (1 cup maximum) per hour after 6am.

Checklist of things to bring:

Any medications or inhalers you are taking.

- Dressing gown and slippers (if you have them)
- Something to read / Mobile phones etc
- Name and phone number of relative or friend collecting you after your procedure

Aneurin Bevan University Health Board cannot accept responsibility for any valuables brought onto the unit

## **During Your Stay**

On arrival at the Day Surgery Unit (DSU), please report to Reception. You will then be shown into a waiting area, where staff will begin their safety checks and prepare you for your procedure.

Your given arrival time onto the unit is not the time you will be having your procedure; your procedure could occur at any point during the day. You will be on the unit for a few hours, in some instances the whole day.

Any advised timings will be indicative. Please remember that the exact time an operation starts is dependent on the other procedures on the list. Recovery time may also vary, some patients may take more or less time than others to recover.

Our day surgery ward has mixed bays and toilets for men and women. If you have any concerns regarding your privacy or dignity in this type of accommodation, please let the nurse who is looking after you know and we will do everything possible to respect your wishes. In some areas such as recovery, we have to accommodate mixed genders together. Every effort is made to respect the privacy and dignity of patients in these areas by the use of screens/curtains.

A member of staff will collect you from the waiting area and show you to your allocated bay, with a curtain, where the admission process will take place.

Following completion of the procedure, you will be transferred to 1st stage recovery and you will stay there until you are fully awake and comfortable. You will then be taken by trolley to our day surgery ward, to 2nd stage recovery.

Here you will be encouraged to:

- Mobilise
- Use the bathroom
- Eat
- Drink
- Get dressed
- Ready for discharge home

In rare cases, patients might need longer to recover, in which case they would need to be transferred to one of the other hospital sites, but are mostly transferred to a ward bed in RGH.

Following your operation your pain will be managed in several different ways. This includes Paracetamol and Ibuprofen for most patients. You are likely to be given the first dose before your operation, in order for it to be working by the time your operation is finished. Regular use of these simple painkillers significantly reduces the amount of stronger painkiller you will need and hence reduces the side effects associated with these stronger drugs.

### **On leaving hospital you will be given:**

- Advice on caring for your wounds/dressings
- Advice and/or pressure stockings and/or injections to reduce blood clots
- Contact details if you have any concerns and require postoperative advice
- We advise that you have a supply at home of simple pain killers, such as paracetamol and ibuprofen. If you require any further medication the hospital will supply this.
- Information regarding any follow-up appointments that are required.

**DO** ensure you have someone to collect you from the hospital and can provide contact details for them.

**DO** have 24-hour supervision by a responsible adult following discharge (this will depend on the procedure you had).

**DO NOT** go home alone in a taxi or by public transport.

**DO NOT** drive for at least 24 hours following your general anaesthetic.

## Pathway to Surgery

### Pre-Assessment Clinic

Where you will be seen by a pre-assessment nurse or Anaesthetist

### Admission

Into Royal Gwent Day Surgery Unit by 07:30am

### Operation

You will be waiting with other patients and could have your operation at any point during the day

### 1<sup>st</sup> Stage Recovery

This is where you will wake up from your procedure

### 2<sup>nd</sup> Stage Recovery

This is where we will ensure you are ready to be discharged

**Discharge from the unit  
by 7:30pm**

## Useful contact numbers following surgery

Day Surgery Royal Gwent Hospital – 01633 234196/234199 Open 07:00 – Close 19:30 Monday-Friday

Surgical Assessment Unit (GUH) – 01633 493341

Gynaecology Assessment Unit – 01633 493556

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