

To get the best outcome for your health, it would be better if you do not smoke or drink alcohol before your surgery.

### **British Heart Foundation Heart Age Tool**

[www.bhf.org.uk/health-at-work/events/newsletters/march-15/heart-age-tool](http://www.bhf.org.uk/health-at-work/events/newsletters/march-15/heart-age-tool)

### **Change 4 Life**

[www.nhs.uk/change4life/Pages/change-for-life.aspx](http://www.nhs.uk/change4life/Pages/change-for-life.aspx)

### **Smoke-free**

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

### **PHE Health Promotion Campaign Resources**

[www.campaignresources.phe.gov.uk/resources/campaigns](http://www.campaignresources.phe.gov.uk/resources/campaigns)

Pre-assessment nurse:

Admission location:

Telephone no:

Consultant:

Booking coordinator/secretary:

Telephone no:

Other requirements: (interpreter)

**Pre-assessment services**

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**Queen Elizabeth Hospital Birmingham**  
Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW  
Telephone: 0121 371 5639

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**University Hospitals Birmingham**  
NHS Foundation Trust



**Building healthier lives**

**UHB is a no smoking Trust**

To see all of our current patient information leaflets please visit [www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

## If you feel unwell

Please inform your consultant's secretary or booking coordinator if:

- You cannot keep your admission date for surgery
- You become unwell within seven days of the date of your surgery e.g. cough or cold
- You develop a cough or cold
- You cannot attend any other appointment relating to your admission

**Failure to inform us may lead to your surgery being cancelled on the day**

## Medication

- Take your medication as advised at pre-assessment clinic and as advised by your consultant. If you have any concerns regarding your medication, please contact the pre-assessment nursing team and they will discuss this with you
- You will be required to bring any current tablets/medication that you are taking on the day of admission

- A medication and advice pro forma will be completed if applicable

## General recommendations

On the day of your surgery:

- Shower/bath before you arrive
- No make-up, no jewellery (except wedding rings), no nail polish on fingers or toes. No false nails and no piercings
- Please bring a dressing gown and slippers or non-slip flat footwear. This will help prevent you becoming cold, which may help minimise possible wound infection
- If you are being accompanied to the admissions lounge by a relative, please ensure that the relative takes home your outside clothes. All other belongings i.e. – nightwear should be brought in later
- If unaccompanied please bring as small an overnight bag as possible
- You will be required to remove all underwear. If you wear cotton pants you might be able to keep these on whilst undergoing surgery (in preference to paper pants that are supplied)
- If you are a female menstruating at time of surgery please ensure you wear sanitary pads only (no tampons). Please bring spare supplies with you

## Fasting

Morning list:

- No food, sweets, milk or chewing gum from midnight
- You can drink plain water until 06:00 on the morning of your surgery

Afternoon list:

- Light breakfast before 07:00, then no food, sweets, milk or chewing gum
- You can drink plain water up to 11:00 on the day of your surgery

## After your surgery

- Deep breathing and coughing is extremely important following surgery. Deep breathing expands the lung, aids circulation and helps prevent pneumonia
- On the day you are going home you may be transferred to the Discharge Lounge if you are waiting on transport or medication. By waiting in the Lounge you are also helping to free up hospital beds to ensure all our patients can be admitted as soon as possible