

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:

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email:

**[interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk)**

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**University Hospitals Birmingham**  
NHS Foundation Trust



**Pre-operative  
Assessment Service**

**Building healthier lives**

**UHB is a no smoking Trust**

## 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 an infection such as a UTI or a chest infection
- 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 by the pre-assessment nurse and 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, jewellery (except wedding rings), or nail polish (on fingers or toes). Please remove any false nails and piercings
- Please bring a dressing gown and slippers or non-slip flat footwear. This will help prevent you from 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 an overnight bag but please make this as small 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 the time of surgery please ensure you wear sanitary pads only (no tampons). Please bring spare supplies with you

## Fasting

### Morning list:

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

### Afternoon list:

- Light breakfast before 07:00, then no food, chewing gum, or sweets
- You can drink plain water until 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 of our patients can be admitted as soon as possible