

# Information for Patients Undergoing Day Case Surgery



## Contents

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Introduction Page 4

Before your operation (Pre Op) Page 5

Preparing for Day Case  
Surgery Page 6

Recovering from Day Case  
Surgery Page 8

Going home following  
Day Case Surgery Page 10

Emergency contacts Page 11

## Introduction

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Your consultant has recommended that you have planned surgery for your condition.

The type of surgery you require is usually performed as a 'Day Case', which means that you will be discharged the same day as your operation.

Your consultant will have discussed details of your surgery and recovery at your Outpatients Department appointment and will do so again on the day of your surgery.

Additional information leaflets will also be provided which will be specific to your operation.



## Before your operation (Pre Op)

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You will attend a Pre Op/Health Check appointment prior to your operation where the staff will ensure your fitness for surgery. If there are any concerns, they may suggest you stay in hospital overnight following your surgery.

At this appointment, staff will perform routine checks such as blood pressure, blood tests, infection swabs and an ECG (heart monitor) if required. As you are scheduled for Day Case surgery the staff at the Pre Op clinic will check your discharge arrangements, so please ensure you have an appropriate adult to pick you up from hospital and stay with you for 24 hours after your operation.

## Preparing for surgery

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- Please ensure that you follow the fasting information provided by the Admissions Department. Any failure to do so may result in your operation being cancelled. Continue to take any regular medication, unless specified otherwise, and if you are diabetic or taking anti-coagulants (blood thinning medication) you will receive additional information regarding these
- Please refrain from bringing valuables/ large amounts of money and excessive bags into hospital for your surgery. The hospital cannot be held responsible for patient's possessions, and there is very limited space in the waiting areas
- Most patients attending the ward for Day Case surgery are able to walk to theatre with a Theatre Escort (member of staff). Please ensure that you bring appropriate footwear (well-fitting slippers) and a dressing gown, as the hospital does not provide these. There is no need to bring a set of nightclothes as we require you to wear a theatre gown. You will be able to get up and dressed fairly soon after surgery (within a couple of hours)
- When you arrive at hospital, a nurse will admit you to the ward and will again check your discharge arrangements. As you are expected to go home the same day, it is very important that you have arranged transport home and have an appropriate adult to stay with you for 24 hours following surgery. Please ensure you have money to pay for a taxi, staff on the ward can ring a taxi to pick you up at the hospital if needed. If there are any problems, please tell your Pre Op Nurse during this appointment or a member of staff on the day of your operation
- You will be seen by the surgeon and anaesthetist on the day of surgery, and will be taken to theatre by a member of staff. If you require a sick note please ask the surgeon at this point

## Recovering from Day Case Surgery

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- You will be taken from theatre into the recovery area, where a nurse will care for you until you are safe to go back to the ward (not too sleepy and fairly pain free)
- The anaesthetist will have given you adequate painkillers and anti-sickness medication during surgery to ensure that you are comfortable post op
- Once back on the ward, the staff will measure your blood pressure, temperature, pulse and oxygen levels frequently after your operation
- You will be offered food and drink fairly soon after your return to the ward, providing you are not too sleepy and do not feel sick
- The staff will encourage you to sit out of bed and walk around your bed area (if appropriate) as soon as possible, to aid your recovery process
- Additional pain relief will be offered to ensure you remain comfortable. However, depending on the nature of your operation, some pain on discharge may be expected



## Going home following Day Case Surgery

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- It is not routine for the surgeons to see patients following Day Case Surgery (depending on the operation you have had done). A nurse will be able to assess you for discharge as they will have been given clear instructions from the surgeon
- The nurse will assess you to check you are not still drowsy, you are tolerating diet and fluids, you are not vomiting or suffering from excessive nausea, you have passed urine, and if you have a wound that there is no excessive bleeding
- Once the nurse is happy, they will deem you safe for discharge. This varies for each person depending on the nature of surgery, but is usually about 3-6 hours following an operation
- If you require any medication to go home with, the nurses will try to ensure that it is ready for you. However, if it is not ready, you will be transferred to the Discharge Lounge to wait for your medication before you go home. This is to ensure that there are beds available for other patients requiring surgery that day

## Emergency contacts following Day Case Surgery

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If you get home and become very unwell following your Day Case Surgery, please seek urgent medical attention by attending your local Accident and Emergency Department.

We have a dedicated telephone number for patients who have had Day Case Surgery at Whiston Hospital to ring if they need urgent advice from a nurse in the first 24 hours following surgery **0151 430 1624**.

Please be aware that if you are advised to come back into hospital it will be via the Accident and Emergency Department.

If you require assistance after 24 hours, please contact your GP/Treatment Room/District Nurse.

Any other questions, please do not hesitate to contact us:

**Hospital Switchboard:  
0151 426 1600**

**Ward 4A, Whiston Hospital:  
0151 430 1420**

**Ward 4B, Whiston Hospital:  
0151 430 1440**

**Ward 4C, Whiston Hospital:  
0151 430 1441**

**Sanderson Suite, St Helens Hospital:  
01744 646 098 (Monday-Friday)**

# Information for Patients Undergoing Day Case Surgery

Whiston Hospital  
Warrington Road, Prescot  
Merseyside L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshalls Cross Road  
St Helens Merseyside WA9 3DA  
Telephone: 01744 26633

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

This leaflet can also be provided in  
Braille, audiocassette, large print  
and other languages upon request.