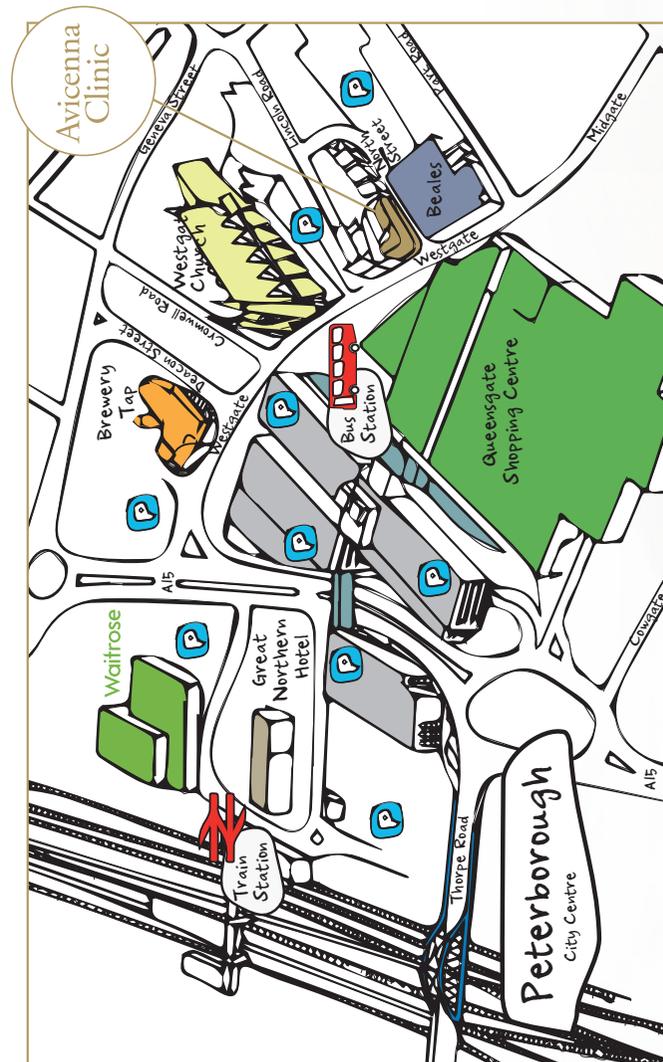


If you have any questions you want to ask, you can use this space below to remind you.

How to find Avicenna Clinic

We are located in the heart of Peterborough City Centre at: 1 North Street, Peterborough, PE1 2RA, adjacent to the Queensgate Shopping Centre entrance on Westgate, and Beales on the corner of North Street and Westgate. Plenty of parking is available near to the clinic and Peterborough train station and bus stations are just a short walk away.

Our opening times are between 9am to 6pm, Monday to Saturday (except bank holidays). Please contact us on 0330 2020597. You can find us online at www.avicennaclinic.com or on Twitter: AVClinic; or Facebook: Avicenna



If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on **03302020597**

Avicenna Clinic

Open MRI and Minimally Invasive Surgery

Avicenna Clinic

DAY SURGERY ADMISSION INFORMATION

Your Consultant Surgeon has decided that you need an operation/procedure. Because your operation/procedure requires only a short stay in hospital it can take place on the Day Surgery/Endoscopy Unit. Many operations are now performed as day case surgery due to the improvements in short-acting anaesthesia and advanced surgical techniques. Most patients are discharged home from the unit after only a few hours

Will I need to stay in hospital overnight?

Your length of stay will depend on the procedure you have and also how your recovery progresses. An overnight stay may be required if it is too late in the evening for you to go home or if you require assessment and input from the physiotherapy services outside of normal working hours. Also additional pain relief may be required post operatively and you would need further monitoring to ensure its effectiveness in relieving your pain. If you are having a General Anaesthetic and have no one to take you home or stay with you overnight, you will also have to stay.

You will be advised if we expect you to require an overnight stay. The criteria for an overnight stay within the Unit is that you are otherwise fit and well and would be recovered enough to go home the following morning, usually from 7.00am onwards. If you stay overnight, your relatives are welcome to visit from 6.30pm.

If you need to stay overnight you will be nursed on a trolley in day surgery. The night staff will help you get ready early in the morning and prepare you for discharge home. If your surgery is prolonged, complicated or there are unexpected problems you may need to be transferred to stay overnight on a hospital ward which is a more appropriate setting for patients requiring a longer stay in hospital.

When will I next hear from you?

If you have not already received an appointment to come in for your procedure, you will receive a letter in the post giving you the date for your surgery. Your letter will ask you to attend the unit on the on the day of your operation.

If you become unwell, develop a cough or cold or cannot come to your appointment for any reason, please call us. Another patient may be able to benefit from your cancellation. The number to call will be printed on your appointment letter.

Do I need to do anything in preparation for my surgery?

Arrange an escort home from hospital

If you are having your procedure under General Anaesthetic you must be collected from the Day Surgery Endoscopy Unit.

Go home by taxi or car if possible. We discourage you from travelling by public transport because you will still be recovering from the effects of your operation and anaesthetic.

If you are having your procedure as a Day Case under General Anaesthetic you will also need to arrange for a responsible adult to remain at home with you for the first 24 hours after your operation. You should also take the day after your operation off work.

- Do not drink alcohol the night before your operation
- Do not smoke for 12 hours before your operation
- If possible, have a shower or bath in the morning before coming in

The day of your operation

Please ensure you follow the fasting (starving) instructions which were either given during your pre-operative assessment or enclosed in your appointment letter.

Please bring:

- Any medication that you are taking, including inhalers
- A dressing gown and slippers
- A book/personal stereo/something to help pass the time

Please do not bring any valuables with you, as we have no lockable storage. Please remove any nail varnish and make-up, and any body piercing/jewellery.

On arrival

On arrival to the unit you will book in at Reception, please tell staff of any changes to your personal details.

Please be advised that our waiting room is primarily for patients, and relatives/friends will not be able to accompany you to the ward area. Anyone providing an escort home is welcome to take the contact telephone number and get a guide time from nursing staff as to when to phone later for information. Nearby restaurants & cafés are available - please ask Receptionist for details.

How will the day be organised?

We allocate a named nurse to each patient and he or she will introduce themselves when you arrive. You will be admitted by a member of the Nursing staff either in an admission room or on the ward area. They will complete any relevant nursing documentation following on from your pre-operative assessment.

The operating lists can be all day lists or morning or afternoon only. We will have asked you to come to clinic at a particular time in order to prepare you for your operation. However sometimes things change – an emergency may take priority on the operating list or a piece of equipment may not be available until a certain time (e.g. specialist x-ray equipment) - so we cannot guarantee the exact time of your operation. We will try to keep you informed if there are any changes or delays.

If at any point you have any questions regarding your waiting time, please ask a member of the nursing team who will find out the information for you.

Your surgeon will ask you to sign a consent form for the operation and will mark your skin with a pen to highlight the operation site. Your anaesthetist will discuss the drugs he/she intends to use and what pain relief you will have after the operation. Sometimes the anaesthetist will choose to give you a regional block, a type of anaesthetic that numbs a specific area of the body only.

After the operation

After the operation you will wake up in the Operating Theatres. Following initial observation you will be transferred back to the Recovery pay.

The Nursing staff will continue to monitor you closely and any wound site will also be checked regularly. After a suitable period of rest you should be able to have something to eat and drink. The nurses will decide when you are ready to go home.

The Nurse will give you post-operative advice and information specific to your procedure along with contact telephone numbers in case you have any concerns once you get home.

If you require a follow up appointment in Outpatients Clinic, this will be requested by the Nurse and you will receive an appointment letter in the post.

If you have sutures (stitches) or skin clips that require removal or your Surgeon has requested a 'wound check', the nurse will explain all this before you go home.

If necessary the nurse will give you any painkillers to take home.

Once you are at home

For the first 24 hours at home, do not: drive, operate machinery, use a cooker, ride a bicycle, sign a legal document or engage in any activity requiring skill or judgement take sleeping tablets or drink alcohol.

If you are worried about anything, contact your GP or call the Clinic on **03302020597**. In the unlikely event of an emergency go to your nearest Accident and Emergency (A&E) department. NHS 111 is available 24 hours a day for advice.