

# Instructions for the day before your procedure/operation

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Information for patients from Pre-assessment at Kent and Canterbury Hospital, Canterbury

**Please contact the Pre-assessment Clinic on the number below if:**

- There have been any changes in your medical condition
- There have been changes to your medication
- You have seen your GP for anything
- You have any further questions or concerns
- Your symptoms have resolved or changed
- You no longer need or want to have the procedure/operation
- You have had a cough, cold, sore throat, or other illness within two weeks of your date of admission to hospital
- You have become pregnant; and/or
- You are planning to fly six weeks before or three months after surgery.

**Pre-assessment Clinic, Kent and Canterbury Hospital      Telephone: 01227 78 31 14**

**Please contact the Waiting List Office on 01227 86 64 47** if you are unable to attend for any other reason following confirmation of an agreed date for admission.

If you do not have a date for surgery, the Waiting List Office will contact you. Please be aware that there may be a delay between your pre-assessment appointment and the date of your surgery, and you may have to return for an updated pre-assessment to update your health status and investigations.

Please do not smoke for at least 48 hours before your procedure/operation.

If you are planned to be discharged from hospital on the same day as your surgery, please make sure that you arrange for a responsible adult to stay with you for the first 24 hours.



### On the day of your procedure/operation

- Please do not wear nail varnish, false nails, or make-up.
- Try to have a bath or shower at home before coming to the hospital.
- Please bring a dressing gown and slippers with you.
- Space at the bedside is limited; please only bring one small item of luggage and leave all valuables at home.

Please attend \_\_\_\_\_ at \_\_\_\_\_ on \_\_\_\_\_

### Fasting instructions

#### If you are having surgery in the morning

- Do **not** eat food after 2:30am on the day of your surgery. Please do not drink milk or fruit juice with pulp **after** 2:30am.
- You may drink non-alcoholic clear fluids such as water or black tea/coffee until 6:30am. This does not include fizzy drinks.

#### If you are having surgery in the afternoon

- Do **not** eat food after 7:30am on the day of your surgery. Please do not drink milk or fruit juice with pulp **after** 7:30am.
- You may drink non-alcoholic clear fluids such as water or black tea/coffee until 11:30am. This does not include fizzy drinks.

### Should I take my normal medication before my surgery?

- Please bring to hospital all your usual medications in their original containers; this includes any inhalers, eye drops, creams, and ointments.
- Except the following: \_\_\_\_\_
- Specific medication instructions:

Name of medication	Last dose to be taken	Date	Time
Paracetamol 1g			

**Please continue to take all other regular medication as usual on the day of your surgery with a sip of water.**

Please could you make sure that you have at home, ready for your day of discharge, enough of the painkillers that you would normally take for mild to moderate pain.

Repeat blood test needed on \_\_\_\_\_