



Instructions for the day before your procedure / operation (Kent and Canterbury Hospital)

Information for patients from Pre-assessment at the 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.
- You are planning to fly six weeks before or three months after surgery.

Pre-assessment Clinic, Kent and Canterbury Hospital Telephone: 01227 783114

If you are unable to attend for any other reason after we have confirmed a date for your surgery, please contact the Waiting List Office using the telephone number on your admission letter.

If you do not have a date for surgery, the Waiting List Office will contact you. There may be a delay between your pre-assessment appointment and the date of your surgery. 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 arrange for a responsible adult to stay with you for the first 24 hours.

On the day of your procedure / operation

- Do not wear nail varnish, false nails, or make-up.
- Try to have a bath or shower at home before coming to the hospital.
- 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:

Time:

Date:

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?

- 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			

Name of medication	Last dose to be taken	Date	Time

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

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:

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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