

# Admission on the Day of Surgery

## For patients having surgery in the afternoon

**Most patients are admitted to hospital on the day of their surgery. This leaflet explains more about what will happen when you arrive. If you have any further questions, please speak to a doctor or nurse caring for you.**

## Where do I need to go when I arrive at the hospital?

Please attend the Surgical Admissions Lounge (SAL) on the 1st floor of Grosvenor wing at the time stated in your appointment letter. This is not the time of your procedure, but allows extra time for you to be seen by your surgeon, anaesthetist and other members of the team.

## How long will I wait?

We will give you regular updates regarding your estimated time of surgery, but please be advised that you may need to wait in SAL for several hours. For this reason, we recommend that you bring a book, magazine or something else to help you pass the time. Sometimes another patient may require unexpected or very urgent surgery and it may be necessary to postpone your operation at the last minute. We will make every effort to avoid this wherever possible.

## Fasting or 'nil by mouth' instructions

It is extremely important that you follow the fasting instructions given below. Not following these instructions may mean that your surgery has to be delayed or even cancelled. Also, if you avoid liquids for too long before surgery and become dehydrated, it can delay your recovery.

**You may have an early breakfast before 7.00am on the morning of your surgery.**

**You must not eat any food or drink milky drinks after this time.** Milk counts as a food product as it takes longer to digest. Drinking fizzy drinks or chewing gum or other products may also increase stomach acid and should be avoided on the morning of surgery.

**Please continue to drink clear drinks from the list below until 11.00am:**

- Water (not fizzy)
- Diluted fruit squash or cordial (not squeezed fruit juice with pulp or 'bits' in it)
- Black tea (no milk) with or without sugar
- Black coffee (no milk) with or without sugar
- Any enhanced recovery drink you have been given, if you are on an enhanced recovery scheme.

**We strongly recommend that you continue to drink clear drinks until 11am** on the day of your surgery. Research has shown that following this advice can reduce feelings of hunger, feelings of sickness and the chance of vomiting after surgery. It can also improve your recovery. Our doctors may give you updated drinking advice when they see you before your procedure, depending on the time you are due to have surgery.

**Please take your regular morning medication at its normal time (with water if you require it) unless you have been advised otherwise at your pre-operative assessment visit.**

Please do not smoke cigarettes or other nicotine products on your day of surgery.

## Contact us

If you have any questions or concerns about your admission, you can contact us using the details on your appointment letter. Useful information can also be found in the leaflets “Your Anaesthetic and You” and “Welcome to the Surgical Admissions Lounge”.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching ‘St George’s Hospital’ on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

