

The Elective Surgery Unit (ESU)



Surgical Short Stay

What is the Elective Surgery Unit (ESU)?

The Elective Surgery Unit (ESU) is a pre-operative unit. Following your surgery you will be admitted to an inpatient ward, which will be allocated on the day. Your relatives/ next of kin may call the Elective Surgery Unit to find out which ward you have been admitted to as per the instructions below.

We ask that one person is nominated to call the Elective Surgery Unit who can then pass on the information to other family members.

Admission time 07.15, relatives can call the Elective Surgery Unit from 13.00 on day of surgery.

Admission time 12.15, relatives can call the Elective Surgery Unit from 17.00 on day of surgery.

Where is the Elective Surgery Unit?

The Elective Surgery Unit is situated at the front of the hospital, at the far right hand side of the building. The Elective Surgery Unit cannot be accessed from the main hospital building.

When will I be contacted with my time of admission?

You will receive a telephone call between 17.00 and 19.00 on the day prior to your surgery from one of the Elective Surgery Unit nurses. The admission times are not available to the nurses before 17.00 as they do not receive the theatre lists until then. There are, however, some exceptions:

1. If your surgery is scheduled for a Monday you will be contacted the previous Friday.
2. If your surgery is on a day following a bank holiday you will be contacted the previous working day.

Please note that the Elective Surgery Unit is closed on weekends and bank holidays.

What are my fasting times before surgery?

It is important that you do not eat or drink for a specific amount of time prior to your surgery to limit the risk of regurgitation and vomiting during and after your surgery.

The fasting time will depend on what time you are due for admission, and if you do not follow these fasting times your operation may be cancelled for your own safety.

We do suggest that you continue drinking fluids up until your fasting time as this will help with your recovery after surgery.

Please refer to the details below for your fasting times:

Admission time: 07.15

You must not eat any food including chewing gum, lollipops and other sweets, or drink white tea/coffee, milk or supplement drinks after 02.00 on the day of surgery.

From 02.00 until 06.00 you may drink as much clear fluid as you like; this includes water, black tea/coffee, clear fruit juice without pulp and pre-load. **You must have a glass of clear fluid at 06.00 and then be nil by mouth.**

Admission time: 12.15

You must not eat any food including chewing gum, lollipops and other sweets, or drink white tea/coffee, milk or supplement drinks after 07.00 on the day of surgery.

From 07.00 until 11.00 you may drink as much clear fluid as you like; this includes water, black tea/coffee, clear fruit juice without pulp and pre-load. **You must have a glass of clear fluid at 11.00 and then be nil by mouth.**

Please refer to the Nil By Mouth booklet included with your admission letter for further details.

What do I need to do before I come in?

- Please read your admission letter and this leaflet carefully. It is vital that you follow the instructions above with regards to eating and drinking, for your own safety. If not followed your operation will be cancelled.
- Please shower/bath on the morning of your surgery and do not wear any make-up, nail varnish or jewellery.
- If you are a smoker, it is advised that you stop at least three days before your anaesthetic.
- Please take any prescribed medications, as advised by pre-assessment.
- Remember to bring all of your current medications with you in the original labelled containers.

What do I need to bring?

One small bag containing:

- Any medication you are taking, including inhalers.
- Dressing gown, slippers and toiletries.
- Something to read, as you may be waiting for some time.

We advise you not to bring any valuables i.e. large sums of money, laptops, dvd players, jewellery etc.

Please be aware that all property will go with you to theatre so do try to limit the amount of property you bring with you.

Relatives may bring in further property for you once you are moved to a main ward after your surgery.

What happens on the day of surgery?

When you arrive you will be admitted to the Elective Surgery Unit by one of the nurses. The nurses will admit patients according to their place on the theatre list, so you may see a patient arrive after you being seen before you.

The surgeon and anaesthetist will come and see you before you go for your surgery. You will be able to ask them any questions you may have at this time.

The nurses will advise you when you need to change into your theatre gown and stockings. Your property will be labelled with your details and taken to theatre with you.

The nurses will do their best to choose the most appropriate admission time for you, however, there are 12 theatres operating at any one time and the operating list order may be subject to change for various reasons. This means that even if you arrive in the morning you may not be operated on until the afternoon.

The staff will make you as comfortable as possible during your stay. To help with this please be prepared to wait and bring a book/magazine with you.

Relatives may stay with you until you leave for surgery; however, only 2 people are permitted by the bedside at any one time.

If you have any questions or queries relating to your admission, please call the nursing staff on the: Elective Surgery Unit on 01483 406871

Reference Source

- Part of this information has been compiled using literature from the Anaesthetic Association of Great Britain and Ireland.

www.aagbi.org/

Contact details

Elective Surgery Unit - (01483) 406871

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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