

Patient information

Preparation for theatre

Introduction

This leaflet gives you a general understanding of how we will prepare you for your operation.

Risks, benefits and alternatives

Information will be given to you by your consultant, doctor, anaesthetist and ward nursing staff to prepare you safely for your operation.

Treatment / surgery

You will meet your orthopaedic consultant or doctor before your operation. It is their responsibility to give you an explanation of your operation, so you understand the reason for and the nature of your operation. Your consultant or doctor performing the operation will need to sign and date a white/yellow consent form with you. This means you have given the consultant or doctor permission to do your operation.

If you have any questions about the operation please ask your doctor

You will meet your anaesthetist who will discuss with you which anaesthetic is best for you to have, either a general or local anaesthetic for the operation and what pain relief you may have after the operation. The anaesthetist may then ask you to sign a pink consent form.

If you have any worries or fears about the anaesthetic, being in pain, feeling or being sick or feel anxious, please tell the anaesthetist as he/she can help you.

You may be prescribed a premedication before you go to theatre:

- a sleeping tablet - this is to help you feel sleepy and relaxed
- an antiemetic tablet - this is to prevent you feeling or being sick
- an antacid tablet - if you have any problems with your stomach

- or pain killers

The ward staff will be happy to answer any questions.

The nurse will tell you the time of your operation and when you should have nothing to eat and drink (this includes sweets and chewing gum).

A sign with the instruction 'NBM', meaning nothing to eat and drink, will be placed above your bed and your drinking water taken away.

Your pulse, blood pressure and temperature will be taken and recorded.

The nurse will ask you to have a shower or bath using only soap or shower gel.

Do not use:

- talc, perfume, body lotion, deodorants
- makeup or nail polish

Please do not wash off the marking the doctor will have made at the site of the operation.

If you need help please ask

Do

- remove your jewellery (except your wedding ring which will be taped)
- remove other items for example contact lenses and body piercing

When you return to your bed area the nurse will ask you to put on a white theatre gown and ask you a lot of questions with the aid of a checklist.

If you have been prescribed a premedication a trained nurse will give you the tablets with a little water.

After you have been prepared for theatre you may be asked to stay in bed.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

