



In- Patient Information Leaflet for _____.

Welcome to the St. Bernard's Hospital where you will be coming for surgery on _____, at _____ in the Dudley Toomey Ward, situated on the 3rd floor in block 1.

This is a general information leaflet to help you through your surgical experience.

- You must not eat any **solid food** after 12 midnight/6 AM
- You **should** carry on drinking **water only** up to 2 hours before procedure 7 AM/ 10 AM to prevent you becoming dehydrated.
- For hygiene reasons patients are encouraged to have a shower at home just before admission.
- Should you be taking any regular prescribed medication please bring them with you or a list of what you normally take; and be sure to hand it to one of the team on the ward.
- We advise you to wear something loose and comfortable with appropriate footwear, please bring with you a dressing gown, pyjamas, slippers and your own toiletries for your own comfort.
- All patients are advised not to bring any unnecessary valuables into hospital, as we are unable to provide secure lockup facilities. We remind you that you will be completely responsible for the safe keeping of any valuables you choose to bring with you.
- Should you wear contact lenses please be aware that you will need to remove them before having a general anaesthetic, therefore please bring any appropriate solutions and containers for their safe- keeping.
- If you wear dentures you may wish to bring a pot for their safe- keeping even though your ward may be able to provide one for you.
- We advise you not to wear makeup on the day of surgery. It is also important to avoid nail varnish and acrylic/false nails.
- St Bernard's Hospital operates a non-smoking policy therefore you are not permitted to smoke anywhere within the hospital premises. We also ask all patients to familiarise themselves with our 'Fire Policy', please feel free to ask one of our ward staff.
- We realise that it may be necessary to contact your relatives, for this purpose they will be able to contact you via a hospital telephone, this telephone can only be used for incoming calls. The use of personal mobile phones is restricted to outside the hospital building.

- Although we encourage patients to receive visitors while in hospital, we all have a responsibility to respect the privacy of other patients; therefore it is vital that visitors are kept to a minimum of 2 at a time and that your friends and relatives keep to the visiting hours. We also ask that noise levels be reduced at all times, and that young children under the age of 12 are not brought into the ward where possible.
- You will be provided with a separate Anaesthetic Information Booklet that is more specific to your type of surgery.
- Should you require a signed medical certificate for your place of work, please ask one of the nursing staff.
- If at any time during your hospital stay you have any questions or concerns please feel free to ask anyone of the team looking after you. We will all be happy to assist you
- Should you have any queries prior to coming to hospital for your surgery, you may contact this number 200 72266 ext. 2143/2142 where someone will be pleased to help you.
- Patients should be made aware that in view of overnight emergency admissions, which can create an acute bed shortage, the operation may be postponed and rescheduled to a future date. This will be communicated to you when-ever possible the day before intended surgery. The Waiting List Manager would then advise you via telephone of an alternative date for your operation.
- If you are booked as an inpatient (Dudley Toomey Ward) on occasions you may be admitted to the Day Surgery Unit for initial pre-operative preparation and later transferred to the main ward from theatre after your procedure. This will be communicated to you on the day by the Clinical Nurse Manager responsible for Bed Management or the Nurse in-charge of Dudley Toomey Ward. We will endeavour to keep you informed of changes as soon as operational issues allow.

Your Journey – From Start to Finish

1. Upon your arrival on the ward, you will be greeted by a member of the team and shown to your bay. Your details will be checked and you will be prepared for theatre.
2. At the appropriate time, you will be transferred to the operating theatre escorted by your nurse. When you arrive in the theatre suite, a member of the theatre team will greet you, and once again check your details before taking you through your operation.
3. After your operation you will wake up in the recovery room where a trained person will be closely looking after you, helping you achieve a safe and speedy recovery. You may not be able to remember your stay in the recovery room.
4. Once you have fully recovered you will be returned to your ward where the ward team will continue to care for you and attend to your need should you feel unwell or uncomfortable.
5. Depending on your type of surgery, you will remain on the ward for an appropriate period of time until you are discharged and sent home.