



## Introduction

The Private Care Surgical Unit caters to patients that are having day case procedures (both surgery and diagnostics). The unit also admits patients having procedures that require them to stay in the hospital for one night or more. Additionally, a nurse led pre-assessment clinic is part of the service, to ensure that you are safe to proceed with your procedure.

## Preparation before admission

Please make sure that you follow all the instructions provided at your pre-operative assessment.

### Fasting for general anaesthetic

**Morning procedure**

Last food should be taken at midnight on the night before your operation. You may continue to drink water until 6am.

**Do not drink anything containing milk or chew gum after midnight.**

**Afternoon procedure**

Last food should be taken before 7am (ideally something light such as toast or porridge). You may continue to drink water until 11am.

**Do not drink anything containing milk or chew gum after 7am.**

**Fasting for local anaesthetic**

You may eat drink as usual before you arrive unless you are told otherwise. Please contact us if in doubt as some local anaesthetic procedures require you to fast.

- Bring all your medications, including inhalers
- Bring a book/electronic device for your entertainment while waiting for your surgery
- Do not bring any jewellery (except wedding ring), large sums of cash or anything of high value
- Only one relative is allowed to visit due to our limited space on the unit. Please be advised that during the COVID pandemic, these rules will be regularly reviewed
- **Do not** smoke 24 hours before the operation.

## **What will happen on the day?**

On your arrival, you will be admitted by one of the nurses that will take care of you throughout your stay. They will ask you questions to confirm that your pre-operative assessment instructions were correctly followed and make sure that it is safe to proceed with your surgery. You will also meet your consultant surgeon who will obtain your consent to proceed, and the consultant anaesthetist to discuss the anaesthetic plan.

The nurses aim to update you as much as possible. Please ask if you require any more information. We may call you the day before your surgery, if we anticipate a long wait.

**Please make sure that there is a suitable adult available to escort you home and to be with you for 24 hours following your operation, especially if you are having a general anaesthetic or sedation. Failure to do so may lead to your procedure being cancelled. Public transport is not suitable for your journey home.**

**If you use a taxi, you must still have someone to accompany you.**

Once all the pre-operative checks are done, a member of the team will escort you to theatres. We promote functional independence so will encourage you to walk if you are able to do so.

## **After your operation**

Once you have been cleared to be discharged from recovery, one of the nurses will escort you back to the unit on a trolley or wheelchair. On return, we encourage you to sit by the bedside chair as tolerated, to ensure a swifter recovery following your anaesthetic.

If you are not feeling nauseous and are medically cleared to enjoy your food and drinks ordered, the nurses will get this ready for you.

Your stay in the Private Care Surgical Unit can be between 30 minutes to four hours dependent on the nature of the procedure and on meeting your discharge criteria.

Your nurse will check your progress and update you every hour as part of our commitment to ensure that you are well informed and looked after.

## **On your discharge**

While waiting for discharge, we would appreciate if you would complete a survey on how we looked after you throughout your stay (both good and bad) as what you say is very important to us.

You will be discharged by your nurse after meeting the day case discharge criteria.

If they have any post procedure concerns, they will get in contact with your team prior to discharge.

Once you have met the criteria to be safely discharged home, your nurse will provide discharge instructions and further information on how to look after yourself following your procedure. We will also make sure that you have the appropriate supply of dressings and medication (painkillers or antibiotics) that you may need at home.

Please do not leave the unit until the nurse has seen you and discussed your discharge plan, as this may compromise your recovery.

## **What will happen when I go home?**

If you had a general anaesthetic, we advise that for the first 24 hours you:

- Do not drive a car or ride a bicycle
- Do not operate machinery or do anything requiring skill or judgement
- Do not make any important decisions or sign any documents because your concentration will be reduced
- Do not drink alcohol
- Do not take sleeping tablets
- Observe any other special precautions which your surgeon, anaesthetist, or nurse may advise.

If you had a local anaesthetic, we advise that you rest at home for 24 hours.

*We hope that you had a pleasant experience with the care you received. Thank you for choosing Private Care at The Royal Marsden.*

## Contact details

If you have any questions, please contact the Private Care Surgical Unit Reception:  
**020 7808 2410/2411**

Opening times: 7:30am – 6pm, Monday to Friday

Alternatively, please call:

**The Royal Marsden Macmillan Hotline:**  
**020 8915 6899**

(available 24 hours a day, 7 days a week)

We are located on the first floor of the Chelsea Wing.

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## References

This leaflet is evidence based wherever the appropriate evidence is available.

Details of the references used in writing this leaflet are available on request from:

The Royal Marsden Help Centre  
Freephone: 0800 783 7176  
Email: [patientcentre@rmh.nhs.uk](mailto:patientcentre@rmh.nhs.uk)

No conflicts of interest were declared in the production of this leaflet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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