

## Attending M2 for Afternoon Day Surgery

### Pre-operative information

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**Please read this information sheet carefully one week prior to surgery as failure to adhere to these guidelines could result in your operation being delayed or cancelled.**

#### What you need to know before coming in

- You can have a light breakfast of toast or cereal with coffee or tea BEFORE 7:00am and do not eat after that time. You can drink clear, still water ONLY until 11:00am
- Please do not chew gum, eat sweets or drink anything other than water
- If you are a smoker, we recommend that you stop smoking prior to your operation, the earlier you stop the better your body will have recovered from the effects of smoking. You should not smoke on the day of your operation.
- Remove all make up including nail varnish and false nails
- Do not wear perfume or body moisturiser
- Bring a dressing gown, slippers, nightwear, towel, washbag and clothes to go home in
- Leave all jewellery, valuables and money at home (wedding rings are allowed)
- Ensure you have arranged a responsible adult to drive you home and stay with you for 24 hours
- Let us know as soon as possible if you are unwell, as we may need to reschedule your surgery.

#### Medications

- Contact us if you have started any new medications or are unsure about which medications you should take/not take prior to surgery.

#### What happens the day of surgery

- Arrive to **Women's Health, Block E at St Helier Hospital, at 12:45am Ground Floor, M2 Ward, Gynaecology Day Unit**
- On arrival, you will be seen by an anaesthetist, a doctor to complete your consent form for surgery and the nursing staff will prepare you for surgery
- Afternoon theatre lists start at 13:30, however your surgery may be a number of hours after that depending on your place on the list.

#### Contact us

Pre-Assessment (normal working hours)	0208 296 2129
Gynaecology Secretaries (normal working hours)	0208 296 2954
M2 Ward (24 hours)	020 8296 2150

#### Medication changes prior to surgery

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