

Attending M2 for Morning Day Surgery

Pre-operative information

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

- DO NOT EAT after midnight the night before surgery. You can drink clear, still water ONLY until 06:00am
- 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 07:45am 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
- Morning theatre lists start at 08:30, 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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