

Introduction

Day case patients come to one of our hospitals for an operation or procedure and after a few hours of recovery will be able to go home to continue their recovery.

This leaflet will help you prepare for your visit to our hospitals and outlines information available on our website here:

www.leicestershospitals.nhs.uk/patients/preparing-for-your-visit/day-patients/

Before your stay

A few days before you are due to come to hospital please read your admission letter. This letter will give you details of when you should come to hospital, which hospital and ward to go to, what you should bring with you and any specific instructions for you to do in the coming days.

Please follow the instructions on your admission letter, remembering not to eat or drink before your operation in the timescales requested. It is unwise to smoke or drink alcohol for at least 2 days before your operation if you are having an anaesthetic.

In the 3 days before your operation please call the number on your admission letter for advice, if you have

- a cough,
- cold,
- high temperature,
- or are concerned you may have been in contact with a virus like COVID or seasonal flu or an infection such as chickenpox, measles, mumps or rubella

On the day of your visit

Sometimes pressures in the hospital mean we have to cancel operations at short notice. On the day of your operation, call the number on your admission letter to check your operation is taking place, before you start your journey.

Your admission letter will give information on your procedure and expected length of stay along with any specific requirements.

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Before you travel, please:

- Ensure you have your admission letter with you.
- Bring any medication you are taking.
- Bath or shower on the morning of your operation – take off all make-up and nail varnish
- Bring a dressing gown and slippers.
- Bring your glasses, contact lenses (including your storage and cleaning solutions) and, where used, your hearing aids with spare batteries, your dentures with storage pot and cleaner etc.
- Pack suitable clothes for your journey home including comfortable shoes and socks.
- Arrange how you will be getting home after your operation. This should be a family member, friend/carer or by private taxi. We do not recommend using public transport.

It is a good idea to label all your belongings clearly with your name before you arrive.

Please do not bring large amounts of money, jewellery or valuables with you. We are not able to look after your items. We will not accept liability for loss or damage to your property and belongings unless they have been handed over for safe-keeping and a receipt issued. Such items will not be kept on your ward and will not be immediately accessible.

Information on how to get to our hospitals is available here:

www.leicestershospitals.nhs.uk/patients/getting-to-hospital/

When you arrive please report to the receptionist. You will be sent to the ward where a nurse will meet you and begin to prepare you for your operation. You will be given a gown, which you will be asked to wear before being taken for your procedure.

Going home after your operation

If you have had a general anaesthetic, you will be monitored in a recovery area after the operation. Once you are well enough you will be moved to a ward.

On the ward, a nurse will continue to monitor your recovery; this may take a couple of hours. When you are fully recovered you will be offered a drink and a snack. If the nurse is happy with

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your recovery you will be given advice on how to continue to care for yourself at home and allowed to leave.

Staff will help you contact your family or a friend to collect you; we do not recommend using public transport. We can give details of taxi firms for you to book – please note we do not pay for the taxi.

Please remember to take all your possessions with you including any glasses, contact lenses or valuables you came with.

Guidance for patients

More information about your procedure will have been sent with your admission letter. It is also available on the My Planned Care platform and our local website

(<https://www.leicestershospitals.nhs.uk/patients/>)

If you do not have your admission letter and cannot find the direct number for the team managing your care, please use the contact details below and our staff will try to help you speak to the right people.

Contact us

Booking Centre: [0300 303 1563](tel:03003031563) (open Monday-Friday 8am to 5pm excluding bank holidays)

Booking Centre Email: bookingcentre@uhl-tr.nhs.uk

Booking Centre Webpage: www.leicestershospitals.nhs.uk/patients/preparing-for-your-visit/outpatients/your-appointment/booking-centre/

Switchboard: [0300 303 1573](tel:03003031573)