

Your visit to the Gynaecology Pre-assessment Clinic

Women's Services

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Information for Patients

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Introduction

Your surgeon has recommended that you need an operation, to prepare you for this you need to attend the pre-assessment clinic. This leaflet will provide you with information about your visit to the clinic.

Where to find us

Please come to the **Pre-assessment office** within the **Gynaecology Services Unit (GSU)** at the **Maternity Entrance (Coleman Road)**, near car parks 3, 4 & 5 at the time stated on your appointment letter.

The Clinic

You need to attend the clinic on a different day, before your operation, so please be aware that there will be **2 dates on your letter**. Your pre-assessment appointment is to make sure that you are fit to have your operation and that you are fully prepared for your admission, treatment and discharge. It is important for us to know of any existing health problems and any medication you are taking. You must attend this appointment otherwise your operation may not go ahead.

If you can't make the date and time of your pre-assessment appointment, please contact the clinic on 0116 258 4839.

Your visit could take 2-4 hours (**we advise that you pay for a full day car park ticket so that if the clinic is delayed, your car will be covered**)

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What should I bring with me?

- Please bring any medication that you are taking (or a copy of a recent repeat prescription) including anything that has not been prescribed by your own doctor.
- Continue to take your medication as prescribed on the day of your pre-assessment appointment unless you have been told otherwise.
- Please let the clinic know in advance if you are taking **any blood thinning medication (anticoagulants) such as Clopidogrel, Warfarin, Apixaban or Rivaoxaban. Call us on 0116 2584839** for further instructions.
- Please bring reading glasses with you if you wear them, and something to pass the time as you may have to wait between various parts of the appointment.
- If you are diabetic then please bring food and drink with you. You may eat and drink normally on the day of your Pre-assessment appointment.
- If you need an interpreter then please give us as much notice as possible to arrange this.

The appointment

You will be seen by a Clinical Nurse Specialist (CNS) and a Senior Healthcare Assistant.

A medical, nursing and social assessment will be carried out to identify any potential problems. If you are having a major operation you will also see a physiotherapist who will teach you specific exercises to do after your operation, and give advice regarding general exercise. To ensure that you are fit and prepared for theatre you will have a full medical history taken by an experienced CNS.

It is important that you tell us about any operations or illnesses that you have had, or still suffer with, as these might affect the care we give you. The nurse will discuss the operation and answer any questions. You will be given any special instructions you need to follow before you come into hospital.

What tests will I need to have?

- Blood Pressure
- Pulse and breathing rate
- Oxygen levels
- Temperature
- Height and Weight
- Urine (wee) test
- Blood test
- Swabs - see MRSA section on next page
- A heart tracing (ECG) — if necessary
- A chest x-ray—if necessary

Which tests you have done will depend on the operation that you are going to have. Some of the tests that you need may be carried out in another part of the hospital. This may mean that you have to walk to various departments, if you need help to get there then this can be arranged. Once all your tests have been done then you will be free to leave the hospital. The nurse might ask you to come back to the clinic after you have had all the tests done.

MRSA

All patients admitted to Leicester's Hospitals for planned operations are screened for MRSA. This is done at pre-assessment. A swab will be taken from your nose and perineum (the area between the vagina and the anus).

If you have any open wounds then they will also be swabbed. If you have a stoma then bring a spare stoma bag with you as we will need to swab the stoma site.

If your swabs show that you are carrying MRSA then you will be contacted by the clinic and treated according to our infection prevention policy.

You will be given an antibacterial shower gel to use before your admission and a nasal ointment if you are staying overnight.

Cancellations

If you have changed your mind about having the operation or your situation has changed then please call us straight away so that your appointment can be used by another patient.

There may be times when operations have to be cancelled due to Trust wide bed shortages or emergencies. We will phone you if your admission has to be rescheduled, so please check your phone for any messages. The number will show as 'private' or 'withheld', please try to answer it.

Outpatient Clinics

At the Pre-assessment clinic we try to see all patients as quickly as possible, however there may be times when we are running late. We treat all our patients with the time, quality and care that each person needs, this can sometimes result in clinic appointments running behind. We thank you for your patience at these times.

Contact Numbers

Pre-assessment	0116 258 4839
Ward 11	0116 258 4106
Ward 31	0116 258 4843

Comments and Suggestions

We are always looking at ways of improving our service and the information we provide. If you have any comments about how we can improve this service then please speak to a member of staff. Please complete the Patient Experience Questionnaire before you leave the clinic.

