



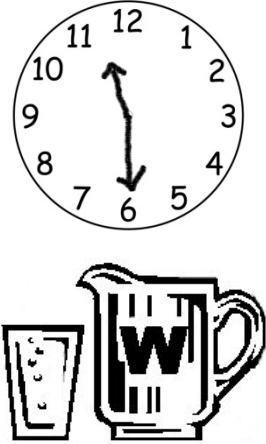


Royal Berkshire
NHS Foundation Trust

Instructions to prepare for your eye operation under general anaesthetic (GA) happening in the afternoon

Information for patients attending
the Eye Day Unit, Royal Berkshire
Hospital, Reading RG1 5AN

Date of operation: _____

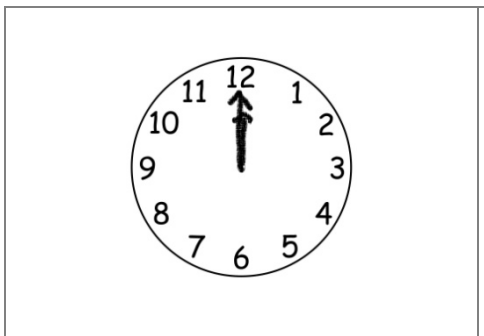
On the morning of your operation before going into hospital:

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|  | <ul style="list-style-type: none">• You can eat until 7.30am on the morning of your surgery.• Take your medication consisting of _____ _____ |
|  | <ul style="list-style-type: none">• You can have clear fluids until 11.30am on the morning of your surgery.• Clear fluids include: water, black tea and black coffee (no sugar or sweeteners), watery squash but not fruit juice.• We recommend you do have a drink of water at 11.30am. |
|  | <ul style="list-style-type: none">• Do not suck sweets or chew gum on the day of your operations. |
|  | <ul style="list-style-type: none">• It is a good idea to take a bath or a shower before coming into hospital. |
|  | <ul style="list-style-type: none">• Wear loose, comfortable clothing.• Do not bring any jewellery or valuables (wedding rings are ok).• Do not wear any make up including nail varnish. |



- **Remember to pack the following items into a bag ready to bring in:**
 - Hospital information / letters
 - Tablets in their original packets
 - Dressing gown and slippers
 - Eye glasses
 - Any mobility aids you normally use, e.g. walking sticks.

Going into hospital

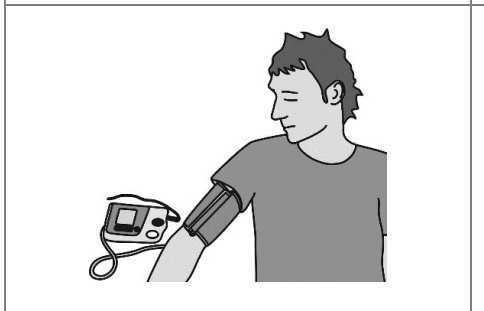


- **You need to arrive at Eye Day Unit, L3 Eye Block at the Royal Berkshire Hospital in Reading by 12.00noon.**
- **Don't forget to bring your bag with you!**




Before your operation




- **You will be asked to sit in a chair on the Eye Day Unit.**
- **You will be transferred to the ward after you have had your surgery.**







- **The admitting nurse will confirm your details, ask you some questions and check your blood pressure, pulse and temperature. You may have your blood sugar level measured.**

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|  | <ul style="list-style-type: none">• Drops may be put into your eye before surgery, this will depend on the type of procedure you are having. |
|  | <ul style="list-style-type: none">• The doctor / surgeon will speak to you again about the operation and will ask you to sign a consent form if you are happy to go ahead with treatment.• Do not be frightened to ask any questions or to discuss any worries you may have with the doctor or nurse on the Eye Day Unit. |
|  | <ul style="list-style-type: none">• Before the operation you may be given a tablet to help you feel relaxed. You will only have this if you and your doctor agree that it is needed. |







Having the operation


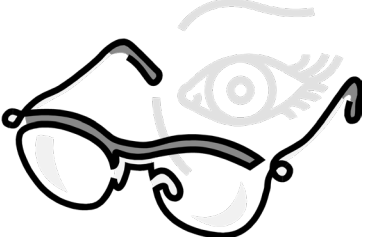
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|  | <ul style="list-style-type: none">• You will then be taken to the eye theatre where you will be checked in, and after that given your anaesthetic so that you can have your operation. |
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After the operation

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|  | <ul style="list-style-type: none">• After a general anaesthetic you will go into a recovery ward before being taken back to another ward to allow time for the anaesthetic to wear off.• You will be monitored by the nurses during this time. |
|  | <ul style="list-style-type: none">• The eye doctor may check that you are ok and, if it is not padded, look at your eye.• Some problems with the eye and sight are common. In particular, you might experience a scratching feeling – this will improve over the next 3 or 4 weeks.• You <u>must not rub your eye</u> while it is recovering from surgery. |
|  | <ul style="list-style-type: none">• When you are recovered enough you will be offered something to eat and drink. |
|  | <ul style="list-style-type: none">• A nurse will talk to you about caring for your eye after leaving hospital.• You will be provided with the eye drops or ointment needed after surgery and copy of your discharge letter. |

Going home

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|  | <ul style="list-style-type: none">• We ask that a responsible adult be available to take you home and look after you for at least 24 hours following a general anaesthetic. |
|  | <ul style="list-style-type: none">• Arrangements must be made for a private car or taxi to transport you home following your discharge from the ward. |
|  | <ul style="list-style-type: none">• You will need to put drops in to your eye until your next clinic appointment with the doctor. |
|  | <ul style="list-style-type: none">• You can bath and wash your hair 48-hours after the operation but avoid getting soap or shampoo in your eye for 2 weeks following surgery. |
|  | <ul style="list-style-type: none">• The nurse on the Eye Day Unit will advise when it is appropriate to drive post-op but you may be recommended to wait until your follow-up appointment. |
|  | <ul style="list-style-type: none">• Following cataract surgery you can do moderate exercises, such as brisk walking after you have recovered from your anaesthetic. <p>For other eye surgery, check with your</p> |

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|  | <p>doctor or nurse before starting to exercise.</p> <ul style="list-style-type: none">• You can restart sports activities 2 weeks after surgery. |
|  | <ul style="list-style-type: none">• You may be advised to contact your optician post-op to arrange a follow-up appointment. |

Contacting us

- If you have a question about preparing for your operation, or need to change or cancel your appointment, contact the Clinical Admin Team (CAT 2) on: 0118 322 7169 or email rbb-tr.CAT2@nhs.net.
- If you have an issue or query that you would like us to help you resolve, our Patient Advice and Liaison Service team may be able to help. Tel: 0118 322 8338 or email PALS@royalberkshire.nhs.uk
The PALS team is available Monday to Friday 8.30am to 4.30pm.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Ophthalmology, May 2026

Next review due: May 2028