




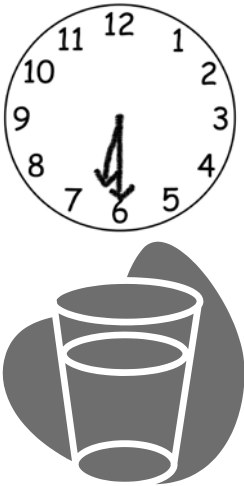



Royal Berkshire
NHS Foundation Trust

Fasting instructions for morning surgery

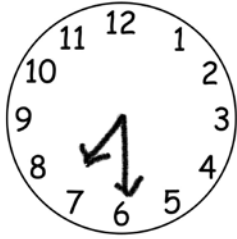
Information for patients at Prince
Charles Eye Unit, Windsor

Date of operation:

On the morning of your operation and before going into hospital:

	<ul style="list-style-type: none"> – You can eat until 2.30am on the morning of your surgery. – Take your medication of
	<ul style="list-style-type: none"> – You can have clear fluids until 6.30am 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 6.30am.
	<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"> – Remember to pack the following items into a bag ready to bring in: <ul style="list-style-type: none"> – Hospital information / letters – Tablets in their original packets – Dressing gown and slippers – Eye glasses

Going into hospital

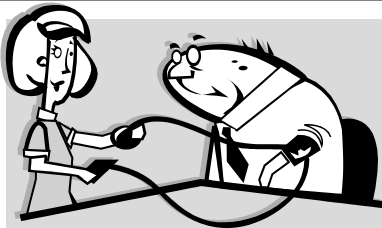


- You need to arrive at the Eye Ward at King Edward VII Hospital in Windsor by 7.30am.

Before your operation



- On arrival at the ward, you will be shown to a lounge or ward.
- If you are having a general anaesthetic, you will be asked to change into a gown.



- The nurse will check your blood pressure, temperature and pulse (and blood sugar if you are diabetic).



- You may have drops put into your eye before surgery.



- The surgeon will look at your eye and will ask you to sign a consent form
- Feel free to ask any questions or discuss any worries you may have with the surgeon or the nurse on the ward.

Having the operation



- You will then be taken to the operating theatre where you will be given your anaesthetic.

After the operation



- After the operation you will be taken back to the lounge or ward to recover. There you will be monitored by the ward nurses.



- A nurse or doctor will check you are ok and will look at your eye.






- You will be offered something to eat and drink when you are recovered enough.



- A nurse will bathe your eye and put drops in.
- A nurse will talk to you about caring for your eye after leaving hospital.



Going home

	<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">– A nurse will give you all the instructions about how to care for your eye before you go home.– This will include advice about when you can bathe/shower, recommence exercise and activities, and return to work.
	<ul style="list-style-type: none">– You will be told at your next eye clinic appointment when to see your optician for new glasses.

For information about the Royal Berkshire NHS Foundation Trust,
including Prince Charles Eye Unit, Windsor, visit
www.royalberkshire.nhs.uk

Prince Charles Eye Unit
King Edward VII Hospital
St Leonard's Road
Windsor SL4 3DP
01753 636 496

RBFT, August 2018
Review due: August 2020