



Royal Berkshire
NHS Foundation Trust

Fasting instructions for morning surgery under general anaesthetic

Information for patients at the
Eye Day Unit, Royal Berkshire
Hospital, Reading

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"> – 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

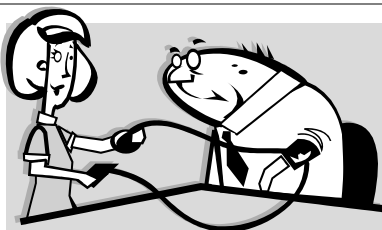


- You need to arrive at Eye Day Unit, L3 Eye Block at the Royal Berkshire Hospital in Reading by 7.30am.
- Don't forget to bring your bag with you!

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.



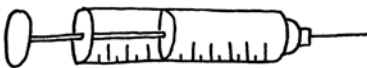
- You may have your blood sugar levels and blood pressure, temperature and pulse checked by a nurse.



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



- 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.







- Before the operation you may be given a ‘pre-med’ injection to make you relaxed and sleepy. You will only get this if the doctor decides it is needed and if you are not having a local anaesthetic.

Having the operation


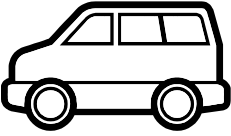



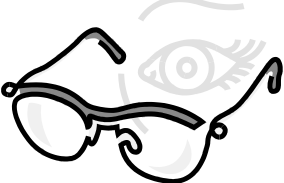


- You will then be taken to the operating theatre where you will be given your anaesthetic.

After the operation

	<ul style="list-style-type: none">– After the operation you will be taken back to the ward to recover. There you will be monitored by the ward nurses.
	<ul style="list-style-type: none">– The doctor will check you are ok and will look at your eye.– You may have problems with the eye and sight at first. 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> whilst it is recovering from surgery.
	<ul style="list-style-type: none">– You will be offered something to eat and drink when you are recovered enough.
	<ul style="list-style-type: none">– 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"> – A responsible adult should be available to 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 4 times a day 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 be careful not to get soap or shampoo in your eye for 2 weeks following surgery.
	<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. For other eye surgery, check with your doctor or nurse before starting to exercise. – You can recommence sports activities 2 weeks after surgery.
	<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,
visit www.royalberkshire.nhs.uk

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