



Royal Berkshire
NHS Foundation Trust

Your admission to the
Urology Department
(Hopkins Ward / Greenlands
Admission Suite)

Level 4, Eye Block

Useful information for patients

This booklet contains useful information and advice for patients coming in for planned urology surgery. If you have any queries or concerns, please speak to a member of staff.

Contacting us

If there is any change in your health between your pre-operative assessment appointment and the date of your surgery, or if you are unsure whether to take any regular medication before you are admitted, please contact Hopkins Ward on 0118 322 7274 to discuss this with a nurse. If you are hearing or speech-impaired, contact us by fax on 0118 322 7627 or text the ward mobile on 07554 117047 (Mon-Fri 8am-3pm).

Please contact the Clinical Admin Team (CAT 3a) on 0118 322 8629 if:

- There is any change in your personal details (address, telephone number, change of GP);
- You decide not to undergo your planned surgery;
- You go for your surgery elsewhere;
- You wish to change the date of your surgery.

Blood tests and medication

- Please have your blood test within 1 week*/ 2 weeks* of your admission date. **(Pre-operative assessment nurse to delete as appropriate).*

Remember to take the request form given to you at pre-assessment. You can have your blood test done at the Pathology Department in the Royal Berkshire Hospital or by appointment at West Berkshire Community Hospital and some GP surgeries.

- The Trust no longer provides basic pain relief medicines, such as Paracetamol or Ibuprofen for patients to take home. Please ensure that you have a supply of these painkillers at home to take following your discharge, if stronger pain relief is required, then it will be provided.
- You will also need to bring in any medicines that you regularly take, in the original packaging. These will be stored in a lockable cupboard at your bedside. Any remaining medicines that you bring in will be given back to you on discharge.

The day before your operation

All Urology patients are asked to contact Hopkins Ward on 0118 322 7274, the day before they are due to come in, as directed in their letter from the waiting list officer, to update their fasting information, confirm their position on the operating list and for advice regarding any medicines that they need to stop taking.

What to bring with you

Please refer to the folder 'Coming into hospital' for a detailed list of recommended clothing, toiletries and other personal items to bring into hospital with you. We ask that you have a bath or shower before your admission, and wear loose-fitting clothes and flat, comfortable shoes.

Personal property:

Please leave valuable items at home, i.e. large sums money, expensive jewellery etc.

The Trust is not liable and does not take responsibility for damage to, loss or theft of your private property.

About the Urology Unit

- The Greenlands Admission Suite and Hopkins Ward make up the Urology Unit which is for patients undergoing various types of urology surgery.
- The Greenlands Admission Suite is for patients who are being admitted on the day of their surgery. The area has comfortable seating and a television (with subtitling facility). Patients are transferred to theatre for their operation and then admitted to Hopkins Ward.
- All patients' privacy must be respected and space in the Greenlands Admission Suite is very limited. For this reason visitors/escorts are requested to leave once a patient is settled.
- Hopkins Ward has a total of 23 beds: There are five bays and eight side rooms. Both men and women are admitted to Hopkins Ward and single sex accommodation is provided by having single sex bays and rooms.
- Nurses work with other healthcare professionals on the unit as a team, striving to provide a high standard of patient care. We all hope to make your stay with us as pleasant as possible.
- Please speak to staff if you have any concerns. If you feel that you cannot speak to staff on your ward, then please follow the advice in the Trust's 'Coming into hospital' folder; or ask to meet with a Patient Relations team member.
- Flowers are not allowed on the unit.
- Mobile phones may be used but please speak quietly and respect the privacy and confidentiality of others. On occasion, you may be asked to switch your phone off by a member of staff. Silent ring tones such as 'vibration mode' should be used and calls restricted to between 7am and 9pm. A mobile's camera facility is not to be used at any time to protect patient confidentiality.

Admission times

***For 7.00am admission:**

Please remember, you must not have anything to eat after 2.00am. However, you are advised to continue drinking clear fluids until 6.00am.

Please plan your travel into hospital so that you arrive at the Greenlands Admission Suite, Level 4, Eye Block no later than 7am.

For directions please refer to the map provided within your pre-operative assessment information pack.

The theatre list will start at 8.30am.

***For afternoon admission:**

Please remember, you must not have anything to eat or drink after 7.00am on the day of your admission. However, you are advised to continue drinking clear fluids** until 11.00am.

Please plan your travel into hospital so that you arrive at the Greenlands Admission Suite no later than 11am.

Please note that car parking spaces may be difficult to find at this time of the morning so please factor that in to your plans. For directions please refer to the map provided within your pre-operative assessment information pack.

The afternoon theatre list will start at 1.30pm.

***Evening admissions to Hopkins Ward:**

Only for patients needing pre-operative treatments or those with serious or disabling medical conditions.

Please telephone Hopkins Ward around midday (12:00) on the day you are to be admitted to confirm that a bed is available and to confirm the time you are expected to report for your admission.

For directions please refer to the map provided within your pre-operative assessment information pack.

**(Pre-operative assessment nurse to delete as appropriate)*

Clear fluids

Clear fluids include: water, black tea and black coffee (no sugar or sweeteners), well diluted squash (but not fruit juice) – you should be able to read newsprint through it.

Please do not suck sweets or chew gum on the day of your operation.

Failure to follow these instructions will cause a delay in your surgery or your surgery being cancelled.

Getting ready for your operation

A member of the nursing staff will ask you a few routine questions and record your blood pressure, temperature and any other observations that may be needed. Please tell the nurse if you have any special requirements or anxieties about your operation.

You will then be seen by the surgeon or a member of their team, who will discuss the proposed operation with you, including the risks and benefits and ask you to sign a consent form. Signing this form means that you agree to the operation taking place and that you have been informed of any associated risks. The anaesthetist who will be looking after you during your operation will also visit you to discuss your anaesthetic and pain control.

Recovering after your operation

Once your surgery is complete you will be taken to the recovery room where you will be looked after by a recovery room nurse.

You may be given oxygen to breathe and the nurse will make regular recordings of your blood pressure and oxygen levels. The nurse will also ask you about pain and monitor your wound (if applicable).

When the nurse is satisfied with your progress they will report information about the operation, anaesthetic and observations to a nurse from your ward. You will then be transferred on a bed or trolley back to your ward by a porter, accompanied by a nurse from your

ward. When you are back on the ward, nursing staff will continue to monitor your progress. If you feel well enough, you may be offered fluids and light foods.

You may also be seen by other healthcare staff, such as physiotherapists, depending on your operation. You will not normally see the surgeon after your operation unless he/she has a particular reason to visit you.

Length of stay

A patient's length of stay will depend on the type of surgery, and an individual's medical condition. This will be discussed with you at your pre-operative assessment and updated during your admission. We will help you to be as independent as physically possible during your stay.

Discharge home

- It is important that you make transport arrangements to take you home on discharge; it may not be possible to drive yourself home, or travel on your own on public transport. The care team will continue to assess your progress until they are assured of your fitness to go home. They will discuss discharge information with you; please tell them if you have any concerns or questions.
- A letter explaining your care will be emailed to your GP. If for any reason this is not possible, the letter will be forwarded via post. A copy of this letter can be made available for you if you wish; please ask your ward nurse on the day of your discharge.
- Any new medication which has been prescribed for you will be given along with verbal instructions on how to take it. Any remaining medication that you bought in with you will also be returned.
- Your nurse will give you information and advice regarding follow-up appointments, removal of stitches, care of catheters etc.

- If your district nurse is required to continue your care at home, you will be asked to convey a letter, and possibly dressings/equipment to the nurse.

During the first 72 hours following your discharge

If you have any further concerns about your surgery, please telephone your ward: Tel: Hopkins Ward 0118 322 7274.

After 72 hours, please seek advice from your GP.

Returning to work

This depends on the type of operation you have had and what your job involves, your doctor can advise you.

If you need a medical certificate for your employer, please ask your ward nurse to arrange one; requesting your medical certificate early in your stay will help to ensure it is ready for you on discharge.

For more information about the Trust visit our website:

www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Urology Pre-Operative Assessment, November 2018

Review due: November 2020