

Remember before you go into hospital

'Do not eat' Guidelines

Morning Admissions - No food including milk from 12 midnight, then **water only** until 7.00am. It is advised that patients to have a snack and drink prior to going to bed but before midnight.

Afternoon Admissions - Early light breakfast before 7.00am, e.g. 2 Slices of toast / cereal. No Food including milk from 7.00am, then small quantities of **water only** until 11.30am.

Please do not chew gum or suck on sweets on the day of your admission. Please be advised that non-compliance to 'do not eat' instructions may lead to the cancellation of your procedure on the day.

Medications

On the morning of your procedure take your medication as normal, **unless instructed** otherwise by the Pre-Assessment Team. Please bring all of your medications into hospital with you.

Clothing

Please bring in a dressing gown and slippers or sensible shoes. Please do **NOT** wear flip flops. Wear loose comfortable clothing.

Please remove make-up, contact lenses, jewellery, nail varnish and false / gel nails.

Please shower the day of operation.

Lockers will be provided for your personal belongings. **NO VALUABLES**

Contacts

If there are any changes in your health between your Pre-Operative Assessment and your admission, including if you are unwell on 2-3 days leading up to your procedure please inform the Pre-Operative Assessment Team:-

St Peter's Hospital - 01932 722651 (Answer phone) or 01932 722498

(Monday – Friday 8.00am – 5.00pm)

If you are unwell on the day of your procedure please contact the Day Surgery Unit you are due to be admitted to:-

Ashford Hospital, Day Surgery Unit - 01784 884127 or 01784 884609

Admissions Lounge, St Peter's Hospital - 01932 723964

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪاً ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون کرو: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کریم اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk