



Welcome to the Inpatient Ward

Inpatient guide



Bath Hospital

Dear Guest,

Welcome to Day Surgery at Circle Bath Hospital.

Thank you for choosing our hospital to provide your medical care.
We hope you have a relaxing stay.

This booklet will provide you with important information and will help you prepare for your stay before and after your procedure, so please take the time to read it carefully.

For any further information, please feel free to contact any of the Inpatient Ward team on 01761 422201, Monday to Friday, 7am-8pm.

Kind regards

Inpatient Ward team

Before your operation date

Depending on your age, health, type of surgery and anaesthetic, you may be asked to come to the hospital for pre-operative tests. These may include blood tests, ECG, routine MRSA swabs and chest x-ray.

Completion of a health questionnaire is essential. If you did not complete this and hand it into main reception at the time of your consultation, please make sure you submit your health questionnaire as soon as possible. If you are required to see a member of our team for pre-operative checks, we will contact you. However, should you need to contact the Pre-assessment Clinic Co-ordinator, please call on 01761 422200.

If you are unwell

Please contact us for advice if you have a cough, cold or sore throat in the days prior to your operation, or if you are unsure if you are fit for surgery.

If you are having your procedure under general anaesthetic or conscious sedation

For reasons of safety we have to restrict what you can eat or drink for several hours before your operation, so your stomach is empty before you are anaesthetised. However, we also wish to keep you hydrated. If you are coming to hospital in the morning, you should not eat after midnight. **DO NOT** have anything to eat including chewing gum and mints after this time. Please have a drink before 6.00 am, but not after. You should drink clear fluids (hot drinks without milk, fruit squash, water but not milk or fruit juice).

If you are coming into the hospital for 12.30 you may have breakfast before 6.30 am. **DO NOT** have anything to eat after this time including chewing gum and mints. Please have a drink before 11.00 am but not after. You should drink clear fluids (hot drinks without milk, fruit squash, water but not milk or fruit juice).

Please follow instructions you are given prior to admission.

If you are having your procedure under local anaesthetic

You may eat and drink as normal before your procedure. Depending on the type of surgery you have, you may be able to drive yourself home; however, we recommend that you are accompanied where possible.

For all admissions

Please be prepared to remove any make-up, jewellery, piercings, false nails and nail polish. Our hospitality services have facilities to lock away anything valuable if you wish.

If you smoke

You should try to stop at least 24 hours prior to your surgery. Please be aware that CircleBath is a strictly non-smoking site. You may wish to consider alternatives such as nicotine replacement patches.

Medicines

If you are taking any medication prescribed by your GP or bought from the chemist, we need to know the strength, dose and formula. It is especially important to let us know in advance if you are taking **aspirin, clopidogrel or warfarin**. Our pre-operative assessment nurse will advise you of any necessary regime changes prior to surgery.

On the day, please bring with you all your medications in their original boxes or a copy of a recent repeat prescription. **Please take all of your medications on the day as normal, unless otherwise advised.**

Your prescription is likely to change during your stay in hospital, so it is safest for us to lock away your medication and administer it as prescribed. All medication will be returned to you when you go home, along with any additional medication you have been prescribed.

On arrival

At Circle Bath, most patients are admitted through the day surgery area which is adjacent to the theatre suite. You will be shown to your bed space or 'pod'. You will be given a surgical gown and, depending on your procedure, you will be shown how to wear this by a member of the hospitality team. You will also be given a dressing gown and slipper socks.

Once you go to theatre, our hospitality staff will take your belongings to your room on the Inpatient Ward. If you have friends or relatives with you, they will be able to wait in your room until you return from theatre.

Length of stay

Please note that you may have been asked to come into the hospital before the operating list begins, to enable your consultant to assess all his or her patients before starting the operating list. This can result in quite a long wait before your operation begins.

While we should be able to give you an approximate time of when your procedure will begin and when you will be able to go home, this may change if your consultant considers it necessary. We will keep you informed of any changes and please be assured that we always have your best interests at the forefront of any decisions that are made. Your patience is appreciated.

Your admission

A member of the nursing team will complete your admission paperwork and assessment. You will be asked to confirm your personal details, including your medical history. Please ensure that we are made aware of any allergies you may have to any drugs, food or other substances.

Your consultant surgeon will see you to discuss your procedure and complete a consent form if you have not done so already.

If you are having a general anaesthetic, your consultant anaesthetist will also see you prior to your procedure to discuss your anaesthetic and pain relief.

Amenities

While you are waiting, please feel free to make use of the pod's television, through which you can access a number of television and radio channels. To prevent disturbance to other patients, we recommend you use the available headphones; please ask one of the hospitality team who will be happy to help.

We also have a limited number of mobile DVD players, should you wish to watch your own DVDs.

We provide free Wi-Fi access for laptops or smartphones. The network is listed as 'cir-bath-guest'; no password is required.

We also provide daily newspapers or magazines; these can be found in the waiting area.

On your return from theatre

Depending on the type of anaesthetic you have, you may spend some time in the recovery area before being transferred to the Inpatient Ward.

Once you return from theatre, you may need to have your vital signs monitored until you are deemed clinically stable.

Eating and drinking

Once you are able to eat and drink, you will be offered a selection of beverages and a choice of food made with locally sourced organic produce. Please make the staff aware of any special dietary requirements you have, and our chefs will endeavour to accommodate this.

For friends and relatives, we have a deli bar in the main atrium which provides refreshments, snacks and hot meals to order. It is open from 8am–5pm.

Physiotherapy

If you require physiotherapy following your procedure, a member of our physiotherapy team will see you after your surgery and arrange this for you. They will provide you with advice and exercises for you to do at home.

Discharge

Once you are fit to go home, we will give you a copy of your discharge summary which we will also send to your GP. This will include instructions on caring for any wounds, stitches and dressings. A 'fit for work' certificate (sick note) will be provided if necessary. However, if you experience localised swelling around the wound, the skin is red and hot to touch, please contact the Inpatient Ward on 01761 422201. This could be a sign of infection and should be monitored.

If during your stay you are prescribed any new medication, you will be given a supply to take home. We will explain why you have been given this medication and how often it should be taken.

Please be aware that if you have had a general anaesthetic or conscious sedation and are going home on the same day, **you will need a responsible adult to accompany you home, as well as stay with you for 24 hours after you are discharged.** It is not safe for you to drive home or go home unaccompanied. If this poses any problems for you, please let us know as soon as possible.

We aim for a morning discharge, so it is important that you have arranged suitable transport to enable this to happen.

For 24 hours after a general anaesthetic, you should not:

- operate any machinery or engage in activities requiring skill or judgement.
- drink alcohol or take sedative drugs such as sleeping tablets.
- make important decisions or sign important documents.

Privately insured patients

You should always contact your insurer to check your level of cover. For items that are not covered by your insurance company, then CircleBath will ask you to pay directly. Please note that it may be a couple of weeks for the shortfall to be identified after your hospital visit. Please ensure that you bring all your private health insurance details with you to your appointment, including your membership details and authorisation number.

If there are items that are not covered by your private medical insurance company, such as pre-assessment, outpatient or discharge medication, then CircleBath will invoice you for these items. With regards to discharge medication, as a courtesy towards our patients, CircleBath will provide you with the first four days of your take-home (discharge) medication free of charge, and will only invoice you for any medication you may require from day five onwards, where there will be a minimum charge of the current NHS prescription fee. If the cost of the medication exceeds this fee, then this will be reflected in the invoice. If you do not wish for CircleBath to provide any medications from day five onwards, then you will need to arrange to obtain these medications via your GP. Please note that there are certain medications that your GP is unable to issue and, therefore, have to be issued from CircleBath, which are chargeable.

Audit and clinical outcomes research

Patient records are audited monthly to maintain standards of clinical documentation, and the results are reported to Circle's Clinical Governance and Risk Management Committee and Executive Board.

If you are asked to participate in any internal audit (eg. Circle EQ-5D) or national external audit (eg. National Joint Registry), the information you provide will be securely stored at all times. Any data will only be published with your consent and will contain no identifying information.

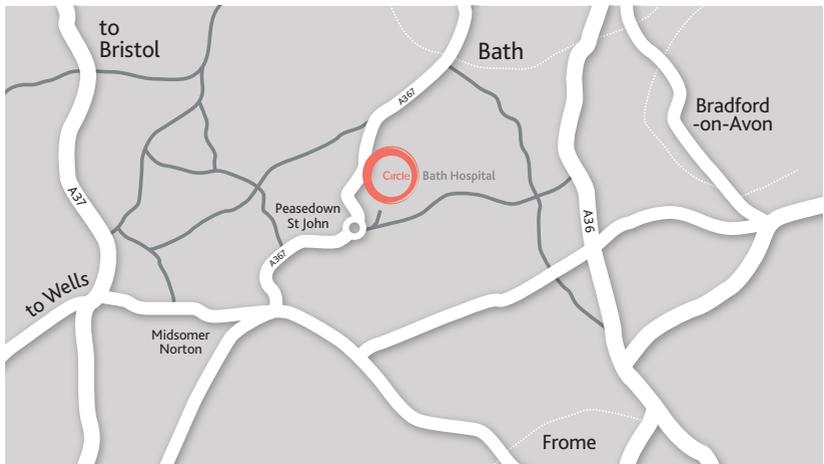
Patient feedback

At CircleBath, we really value patient feedback and would be grateful if you would take the time to complete your personal feedback form. This will help us maintain and improve our service. If you wish your feedback to be anonymous, please indicate this on the form.

If you wish to register a formal complaint or suggestion, please ask a member of staff to provide you with information about this process.

Find us

Circle Bath Hospital is located on a business park, six miles from Bath city centre. If you intend to use your SatNav, please note that the recognised postcode is BA2 8SF.



Circle Bath Hospital, Foxcote Avenue, Peasedown St John, Bath BA2 8SF

Parking

This Car Park operates a Double Bay Parking System. We respectfully request that you park in all marked bays, and leave your car details with Reception. This considerate parking will enable us to operate this car park to its full capacity.

By public transport

The hourly 171 bus travels from Bath city centre and stops outside the hospital.

Before going in to hospital, have I remembered to:

- follow any starvation instructions?
- follow advice on taking warfarin, aspirin or medication for diabetes prior to a general anaesthetic?
- remove any jewellery, piercings, false nails/polish if necessary?
- arrange for someone to accompany me home and stay with me for 24 hours after a general anaesthetic?
- bring a copy of my repeat prescription or my medication in its boxes?
- bring something to read or do in case there is time to wait before my procedure?

We hope you have a comfortable stay. If you have any further questions, please call the nursing or hospitality team on 01761 422222.



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01761 422 222
circlebath.co.uk

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