



Day Surgery



This is about going to hospital for a small operation.
You may go home the same day.

This factsheet will tell you what will happen
if you need to have day surgery.



People have day surgery when they need a small operation.



You may need a small operation to help you feel better.



The doctors and nurses will talk to you about the operation and why you need it.

People can also have day surgery for things like a biopsy.

This is when doctors take a small sample of tissue from your body.

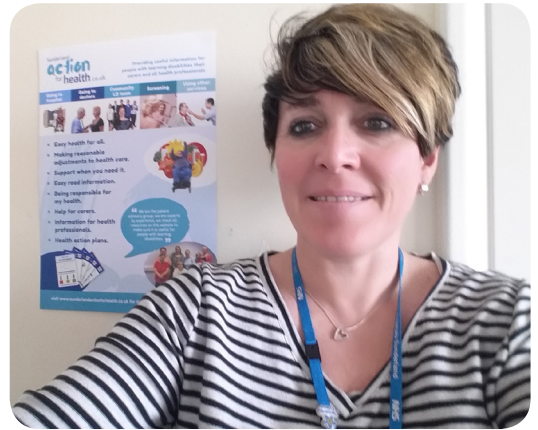


Some people go home the same day as their surgery. They don't stay overnight in hospital.



Some people may need to stay in hospital overnight after their surgery.

The Learning Disability Liaison Team can help to plan your day surgery.



They can give extra support to people with a learning disability.



Contact the Learning Disability Liaison Team for support.
Phone 0191 565 6256 and ask for extension 47146.



They will talk about your surgery with you and your carers. They will explain what will happen.



They will help to plan your surgery so that it goes well for you. They will understand if you feel a bit scared.

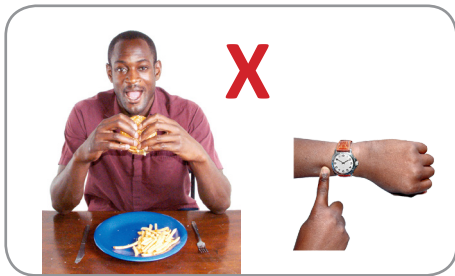


They will write a care plan to help everyone understand the best way to support you.

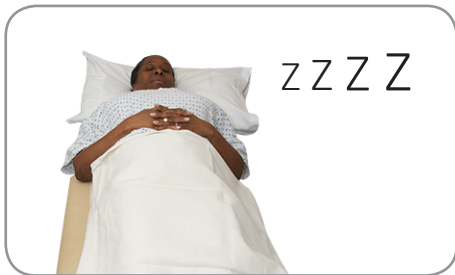
Your care plan will tell the doctors and nurses the best way to support you.



It will also give you and your carers important information.



It will tell you what time you need to stop eating the night before your surgery.



It will say the best way to give you a general anaesthetic so you are asleep for your surgery.

Your care plan will also say if you should have surgery for more than one thing while you are asleep.

This is so you only need to have one general anaesthetic.



Things like blood tests can also happen when you are asleep after having a general anaesthetic.

Your care plan will tell people how to help you if you feel scared.



People will do everything they can to help you feel less worried.



Your care plan will say if you need medication to help you relax before you come to hospital.

The doctors and nurses can do things differently to help you feel more relaxed.



If you are worried about wearing a hospital gown you can choose not to.



If you are worried about having your blood pressure taken you can choose not to.

If you are worried about anything else please tell us.

Your surgery will happen at Sunderland Royal Hospital.



Address: Sunderland Royal Hospital
Kayll Rd, Sunderland SR4 7TP



If your surgery is in the morning you need to come to hospital at 7.30am.



If your surgery is in the afternoon you need to come to hospital at 12.30pm.



You can bring someone to support you when you come to hospital for your surgery.



It is a good idea to bring your Care Passport if you have one.

You will need to come to Entrance 8 at the Surgical Day Case Unit.

On the right hand side of outpatients main entrance on Chester Rd.



You first need to go to reception to tell them you have arrived.



You may need to go to the waiting room. You can use the lift or the stairs to get to the waiting room.

There is a toilet and a TV in the waiting room.



The staff nurse will ask to check your blood pressure. It's ok if you do not want your blood pressure taken.

The nurse will give you an ID bracelet.



A person called an anaesthetist will come to talk to you.

The anaesthetist is a doctor who is an expert in medication.



The anaesthetist will make sure you have the right medication so you are asleep for your surgery.



If you are feeling worried the anaesthetist can give you medicine called a 'Pre-med' to help you relax.

You will be taken to the anaesthetic room, or to the operating theatre.



You may walk there, or you may be taken there on a bed or trolley.



The anaesthetist, nurse and doctor will look after you.

You will next be given medicine to make you go to sleep.

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This medicine is called a general anaesthetic.



Your care plan will tell people the best way to give you your general anaesthetic.



Some people are given their general anaesthetic through a needle that goes into their hand.



Some people are given their general anaesthetic through a mask that goes over their mouth and nose.



Once you are asleep you will have your surgery.

After your surgery you will wake up in a recovery room.

The nurses will check that you are feeling ok.



You will be given something to eat and a drink. You will then go back to the waiting room.



You may be able to go home later the same day.



If you need more care you may need to stay in hospital overnight.



Your care plan may also tell people who care for you how to support you when you get home from hospital.

Useful websites.

City Hospitals Sunderland NHS Foundation Trust website.



www.chsft.nhs.uk

Sunderland Action for Health Easy Read website.



www.sunderlandactionforhealth.co.uk

Please do contact us if you need any further advice.

Surgical Day Case Unit

Phone: 0191 5699053



Credits

This factsheet was developed by the Learning Disability Liaison Service and The Surgical Day Case Unit at City Hospitals Sunderland, and funded by the Sunderland Clinical Commissioning Group.

Designed by The Clear Communication People Ltd. using Photosymbols and other stock photography.

NHS
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With thanks to City Hospitals Sunderland NHS Foundation Trust.

City Hospitals Sunderland **NHS**
NHS Foundation Trust

About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment.

This factsheet can be downloaded free of charge from: www.sunderlandactionforhealth.co.uk