

**Patient
Information**

Your Vascular Surgery

**It is important that you read the information in
this leaflet before your admission to hospital**

Your consultant: _____

Name of your operation/procedure:

Your operation is at:

Date and time of admission: _____

On the day of your operation report to:

Your expected length of stay is: _____

Reference No.

GHPI1627_08_25

Department

Vascular

Review due

August 2028

Patient Information

The day of your surgery

Fasting instructions for general anaesthetic procedures.
You will be told if this applies to you.

- **Morning admission**

Do not eat any food, including sweets and chewing gum or have any drinks after midnight on the day before surgery.

From midnight up until 7:00 am on the morning of your surgery, you can only drink sips of water.

- **Afternoon admission**

Do not eat any food, including sweets and chewing gum or have any drinks after 8:00 am on the morning of surgery. You may eat a light breakfast before 8:00 am.

You can only drink sips of water until midday on the day of your surgery

Fasting instructions for local anaesthetic procedures. You will be told if this applies to you.

- You can have a light meal up to 2 hours before your admission. You must not have anything to eat or drink within the 2 hours before your procedure.

Medication

On the morning of your surgery, take all of your usual medication at the normal time with a small amount of water unless instructed otherwise.

Any medication changes needed before your surgery are listed below.

Further medication instructions:

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Covid-19 testing

You may need to have a Covid-19 test before your surgery and during your inpatient stay. If a Covid-19 test is required, your consultant's secretary will arrange for you to have this done.

If you have symptoms of Covid-19 or test positive for Covid-19 before your admission to hospital, then please inform your consultant's secretary.

Blood tests before your admission

You may need to have a blood test before your admission. If this is needed, you will be given a 'Blood Request' form. Please arrange to have this blood taken

2 to 4 days before your surgery date – make sure that you take the 'Blood Request' form with you.

You can have your blood taken at the following places:

- Your GP's surgery
- West Block Outpatients, Cheltenham General Hospital
- Edward Jenner Unit, Gloucestershire Royal Hospital.

Skin preparation before surgery

- **Antimicrobial wash**

If needed, you will be given a bottle of antimicrobial wash to use the evening before and the morning of your surgery. Please follow the instruction leaflet given to you with the antimicrobial wash.

- **Personal hygiene**

If you do not require an antimicrobial wash, it is still important that you have a bath, shower or a good strip wash on the day of your surgery. This will help to prevent bacteria coming into hospital and reduce the risk of infection.

Items to bring to the hospital

- Your current medication in the original packaging, including inhalers and a written list of all medication and the doses you take.
- A clean dressing gown and slippers.

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- Overnight items; clean nightwear, towel, soap, deodorant, toothbrush and toothpaste.
- Do not bring anything valuable with you.

Problems before your operation

If you are unwell between your pre-assessment appointment and your admission date or have any of the following, please contact your GP for advice and let your consultant's secretary know.

- You have Covid-19 symptoms.
- You have a cough, cold or chest infection.
- You have a urinary tract infection.
- You have a skin infection or a broken, sore area of skin.
- You are admitted to hospital or have had another surgical procedure.

Smoking

Smoking is not allowed anywhere in the hospital building or grounds.

Giving up smoking before or during your hospital stay can speed up recovery and help to reduce the risk of complications.

To find out more about stopping smoking, please contact your GP or Healthy Lifestyles Gloucestershire at www.hlsghos.org or on 0800 122 3788.

Planning for your discharge

Planning your discharge from hospital is important. Thinking about the points below can help to make sure that your discharge is not delayed.

- Arrange who will bring you and take you home from hospital.
- Who will look after you when you are discharged home?
- Who will help with your shopping if needed?
- Do any arrangements need to be made in your home to make it safe?
- Do you need any repeat prescriptions, to stop you from running out of medication?

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Problems after discharge

You will be given information by your discharging nurse on what to do if you have a problem after your discharge. Your first point of contact should be your GP who will be able to advise or guide you on where to seek additional support if needed.

Contact information

If you have any questions or concerns, please contact your consultant's secretary:

Mr David Cooper

Tel: 0300 422 3345

Ms Emily Kirkham

Tel: 0300422 3331

Mr Sachin Kulkarni

Tel: 0300 422 3355

Ms Joanna Manson

Tel: 0300 422 4391

Mr Vivek Vardhan

Tel: 0300 422 3330

Ms Claire Webster

Tel: 0300 422 2147

Mr Richard Wilson

Tel: 0300 422 3343

If your call is not answered, leave your name, telephone number, and a short message, and someone will return your call.

You can also contact your consultant's secretary via the hospital switchboard.

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted ask for the operator then for your consultant's secretary.

Ward 4B

Tel: 0300 422 5543

Patient Information

Department of Critical Care
 Gloucestershire Royal Hospital
 Tel: 0300 422 6178

Further information

Gloucestershire Hospitals NHS Foundation Trust

This website gives ward information, maps of the hospital and access to patient information.

Website: www.gloshospitals.nhs.uk

Royal College of Anaesthetists

The following website will give you information about how to prepare yourself before your operation to enable a better recovery.

Website: www.rcoa.ac.uk/fitterbettersooner

Circulation Foundation

This website provides information and support on vascular disease.

Website: <https://www.circulationfoundation.org.uk>

Content reviewed: August 2025

Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85