

**Patient
Information**

Your Vascular Surgery

**It is important that you read this information
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.

GHP11627_01_21

Department

Vascular

Review due

January 2024

**Patient
Information**

The day of your surgery

Fasting instructions

- **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 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 water until midday on the day of your surgery.

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:

Medication	Instructions

**Patient
Information**

Covid-19 testing

NHS England recommends that all people who come into hospital should be tested for Covid-19, whether they have symptoms or not. You will be booked to have a test up to 72 hours before your admission and regular testing for Covid-19 during your hospital stay.

Your Covid-19 test is booked for: _____

- You can choose not to have the test if you wish, but this may mean you are unable to have your treatment.

You and all members of your household must self-isolate from the time your Covid-19 swab is taken until you are admitted to hospital. Please visit www.nhs.uk for more information about self-isolating.

Blood tests before your admission

You may need to have another blood test before your admission. This can be done at the following places:

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

Please attend for your blood test between the following dates:

You must take the enclosed 'Blood Request' form with you.

Skin preparation before surgery

- **Hibiscrub wash**
If needed, you will be given a bottle of Hibiscrub wash to use before surgery. Follow the instructions in the leaflet.
- **Personal hygiene**
If you do not require a Hibiscrub wash, it is important that you have a bath, shower or a good strip wash on the day of your surgery. This will stop bacteria coming into hospital and reduce the risk of infection.

**Patient
Information****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.
- Overnight items; clean nightwear, towel, 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 also 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 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 reduce the risk of complications.

To find out more about stopping smoking, please contact your GP.

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Information**

Planning your discharge from hospital

Planning your discharge from hospital is important. It 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?

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 Richard Bulbulia

Tel: 0300 422 3384

Mr David Cooper

Tel: 0300 422 3345

Mr Sachin Kulkarni

Tel: 0300 422 3355

Mr Sharath Paravastu

Tel: 0300 422 3331

Mr Keith Poskitt

Tel: 0300 422 3105

Mr Richard Wilson

Tel: 0300 422 3343

Mr Mark Whyman

Tel: 0300 422 4391

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

Patient Information

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 2A

Tel: 0300 422 6776

Department of Critical Care

Gloucestershire Royal Hospital

Tel: 0300 422 6178

Cheltenham General Hospital

Tel: 0300 422 4013

Vascular Advanced Nurse Practitioner

Tel: 0300 422 2897

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 Collage 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>

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