



Patient information – surgical services at City Road

Day of surgery instructions, morning – general anaesthetic/deep sedation



Your operation will be under general anaesthetic or deep sedation.

Date: _____ Time: _____

If you have any questions, or there are **any changes to your health**, e.g. if you become pregnant, please contact our pre-assessment unit on 020 7566 2393.

If you cannot attend or are going to be late on the day of surgery, please contact:

Male: Mackellar ward - 020 7566 2590
Female: Sedgwick ward - 020 7566 2570

Both wards are located on the first floor of Moorfields Eye Hospital at City Road. **As there is limited space on the ward, please bring only one friend or relative with you on the day of your operation.**

Fasting instructions – please read:

You must have **nothing to eat** from 12 midnight on the morning of your

operation. This includes no chewing gum. However, you may drink **clear water (not fizzy)**. This should be no more than **500mls up to 6am, with nothing after that.**

Medication (including eye drops)

Please bring along all your medications, including eye drops and **take these as you normally would**, unless instructed otherwise below.



- Please **do not drive to the hospital** for your surgery because your eye will be covered after surgery.
- Please have a bath or shower on the day or evening before coming in

for your surgery as this will help decrease your chance of infection post-surgery.

- Leave any valuables, including mobile phones, before going into the operating room. We provide lockers on each ward where you can store your belongings.
- Do not wear nail varnish, makeup or jewellery, except for your wedding ring (if you wear one), as these items may interfere with the electrical equipment used to monitor your health during and after surgery.
- You will be looked after on a single-sex ward. You will need to change into a theatre gown prior to surgery. You might want to bring a dressing gown as an additional cover up.
- You are also advised to wear flat shoes as you will have an eye patch on your eye after surgery which may affect your visual perception.
- We also suggest that you bring a tooth brush and toothpaste to keep your mouth fresh while fasting.
- If you wear dentures, you might be asked to remove them just before going to theatre.
- You might also like to bring a small toiletries bag so that you can freshen up after your surgery.

- Light refreshments are available following surgery, and there is a coffee shop on the ground floor should your relative or companion want something to eat or drink.
- You will need to obtain a roll of surgical tape from your local pharmacy prior to surgery as you might need to wear a shield at night for up to two weeks following your operation.

What happens on the day of surgery?

Please come at the time specified on your appointment letter so that you can be seen by your doctor (who cannot leave the theatre once the list has started) prior to your surgery, and discuss and sign your consent form. Moorfields' surgery list begins at 8.30am. The nurse who admits you to hospital will give you a full explanation of what will happen during your stay.

Your doctors decide the order in which patients are treated, but this might change during the course of the morning, so please be patient if we cannot always give you the precise time or order in which you will be going to theatre.

How long will my visit last?

You should expect to be in hospital for between **five and eight hours**, depending on how quickly you recover from your anaesthetic or sedation.

After your operation, we like to keep you in for at least an hour to ensure



there are no problems. Before leaving, you might need a nurse or doctor to examine your operated eye and your medications will need to be dispensed from pharmacy. A prescription charge will need to be paid if you normally pay for prescriptions.

The discharge process sometimes takes longer than anticipated so we recommend you make alternative arrangements for work, childcare etc. We will try to keep you informed of any delays and how long you can expect to wait. You will be given your drops, eye shield and follow-up appointment after your final discharge.

Please note that some types of surgery require patients to return the following morning for review. **You may go home by public transport, but it is essential that you have an adult accompanying you and we advise that there is someone to stay with you overnight.**

Don't take your worries or troubles home with you

You are encouraged to ask as many questions as you like about your care, treatment and stay at the hospital. If you have any concerns please ask to speak to the ward sister, the nurse in charge or the surgical matron during your visit.

Before you leave home, check that:

- you have all of your medications.
- you have left your valuables at home.

- you have removed your nail varnish, makeup and jewellery.
- you have packed your dressing gown (optional).
- you have packed your toothbrush and toothpaste.
- you are wearing flat shoes.
- you have written down any questions you would like to ask so that you don't forget.

Author: Xiang Yin
Revision number: 6
Approval date: September 2019
Review date: September 2022

Moorfields Eye Hospital NHS Foundation Trust
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325
Email: moorfields.pals@nhs.net
Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have





about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs