

Your visit to the Pre-operative Assessment Clinic

Pre-operative Assessment

Information for Patients

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Introduction

Your doctor has said that you need a procedure or surgery with general anaesthetic (you will be asleep).

Before this you need to fill in a digital pre-assessment questionnaire.

This leaflet tells you what to expect.

The pre-assessment appointment can take 2 hours. We will do any test needed to check if you are fit for the procedure.

If you cannot make it to your appointment, please let us know as soon as possible. Call the phone number on your appointment letter.

Please bring:

- any admission paperwork you have.
- a list of any medicines you are taking. This includes any herbal medicines. Bring a copy of your prescription from your GP.

You can eat and drink normally on the day of your pre-assessment appointment.

If have diabetes please bring some food and drink, and your medication.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Online assessment form

We will send you a link to an online assessment form before you come to the pre-operative assessment clinic.

Leicester's Hospitals will send you a text or email.

It will take you to the online assessment form.

It takes about 45 minutes to 1 hour to fill in.

After submitting the assessment form you will get a phone or an in-person appointment.

Can a relative or friend help me?

A relative or friend can help you fill in the online assessment form. You can save and return to the assessment form at any point.

If you need any help in filling in the assessment form please call us on:

0748 441 1890 or **0748 441 1876**, Monday to Friday, 8am to 4pm.

Why do I need to go to a pre-operative assessment appointment?

We need to make sure that you are ready for your procedure/surgery. During your appointment the nursing staff will:

- answer any questions you may have.
- talk to you about your past and current health problems.
- check if you can keep taking your current medicines
- check if you need to stop taking any medicines before the procedure/surgery.
- check that you are suitable for a general anaesthetic.
- do some tests to check if you are fit to have your procedure/surgery.

What will happen at the in-person appointment?

A nurse and or a health care assistant will see you.

They will:

- check your blood pressure, height and weight.
- take blood tests if needed.
- talk to you about your planned surgery.
- give you any special instructions that you need to follow. This may include fasting instructions (such as when to stop eating and drinking).
- tell you what to bring in with you for your surgery/procedure.
- talk to you about the recovery time in hospital and at home.

What will happen during the phone appointment?

You will get a call from the pre-assessment nurse. They will:

- talk to you about the answers from the online assessment form.
- give you any special instructions that you need to follow before your admission. This may include fasting instructions (such as when to stop eating and drinking).
- tell you what to bring in with you for your surgery/procedure.
- talk to you about the recovery time in hospital and at home.

You might need a separate appointment for blood test or swabs.

Please make sure that you are in a suitable place to have this phone call. Make sure you are not driving or shopping whilst taking this call.

We try to call you 3 times for this appointment. Please be available to answer the call on the day.

Tests you may have on the day

- MRSA/CRO swab to test for bacteria. If you have a stoma site an opening in your tummy we might need to swab this too. Please bring a spare stoma bag with you.
- Temperature, pulse and breathing rate and oxygen levels.
- Pee (urine) test. You may need to give a sample at the appointment. This is even if you have a catheter.
- Blood tests
- Electrocardiogram (ECG) to check your heart's rhythm and electrical activity.

Some patients may also need to see the other members of our team:

- An anaesthetist
- A stoma nurse
- A research nurse

Important information about your current medication

Please bring all your medicines including herbal medicines. Or your repeat prescription if this is easier.

Keep taking any prescribed medicines on the day of your pre-operative assessment appointment, unless told not to.

The nurse will confirm your current medicines with you. They will tell you if you need to stop any for a set period of time before your procedure. This can be medicines that thin the blood.

If you are cancelled before admission, contact the pre-assessment nurse to re-start any medicines you have been asked to stop.

Car parking

Have plenty of time to park. Our car parks can be very busy.

Visit our website for maps and information on car parking charges:

www.uhleicester.nhs.uk/hospitals/

If you have an appointment at Leicester General Hospital please bring coins/change for the ticket machine.

Getting to your appointment

If you do not have your own transport, or a friend, relative or carer who can bring you to your appointment, please contact your GP. Some surgeries have a voluntary car service available.

For information on hospital transport for eligible patients, please call **0345 241 3012** or visit:

www.uhleicester.nhs.uk/patients-visitors/support/patient-transport/

University Hospitals of Leicester

We are a teaching hospital. Medical students or student nurses may be in the clinic as part of their training. If you would prefer not to have a student in the room, please let the nurse know.

No smoking

Leicester's hospitals are smoke free. This means that you or your relatives cannot smoke on the premises. This includes outside, within hospital grounds.

If you are thinking about giving up smoking you can speak to the nurse at your appointment. We can give you phone numbers for help and support.

If you cannot attend your planned procedure/surgery for any reason please let us know as soon as possible.

Call the phone number on your appointment letter.

