

# Preparing for your orthopaedic surgery

## Orthopaedic Surgery

Information for Patients

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### Introduction

We would like to welcome you to Leicester's Hospitals. During your time in hospital, the team in charge of your care will make every effort to keep you fully informed of your progress and ensure that you are ready to leave hospital as soon as possible.

As you will already be aware following your visit to an Orthopaedic Clinic, you have been added to your consultant's waiting list for surgery.

However, if you become unwell or at any time you change your mind and no longer wish to go ahead with your operation, **please contact us on one of the numbers below as soon as possible:**

#### Leicester General Hospital:

0116 258 8341

0116 258 4265

0116 258 8312

0116 258 8842

#### Glenfield Hospital:

0116 258 3551

0116 258 3533

0116 258 3873

0116 258 8842

### Information for visitors

Always wash your hands before visiting and use the alcohol gel available on the wards. Please find a visitors chair and return this after use. Only 2 visitors per patient are allowed on the ward unless prior arrangements have been made with the Nurse in Charge. Please don't visit if you have a cold, cough or upset stomach.

Only bring small gifts. Our apologies, but no flowers are allowed due to risk of infection.

**Visiting times are 2pm to 8pm.**

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

### Telephone numbers:

Ward 18 (Admission ward): 0116 258 4147  
Ward 14 (Inpatient ward): 0116 258 4112 / 0116 258 4413  
Ward 16 (Inpatient ward): 0116 258 4150 / 0116 258 4151

Only phone the ward if you are a close relative and try to keep calls to a minimum. If possible, arrange for one family member to be responsible for doing this and for them to keep the rest of family updated. **Rest is an essential part of recovery.**

### Directions for your admission

Please be aware there are 2 admission areas - Ward 18 and Orthopaedic Theatre Arrivals area. Please make sure you read your letter carefully to see where you need to attend on the morning of your surgery.

Ward 18 is near the Leicester General Hospital Main Reception entrance.

The Orthopaedic Theatre Arrivals area is near to the Leicester General Hospital's Maternity entrance.

### Fasting instructions

**Important - your operation may be cancelled if you do not follow the fasting instructions below:**

#### Fasting instructions for 7.45am admission:

- You can have food and milk up to 2am.
- Between 2am to 6am you may drink water only.
- Please have your last drink of water at 6am (normal medication can be taken at this time).
- After 6am no more water or chewing gum.

#### Fasting instructions for admissions from 10.30am:

- You can have a light, early breakfast before 6.30am.
- Between 6.30am to 10:30am you can drink water only (normal medication can be taken at this time).
- After 10.30am no more water or chewing gum.

Once the time for your procedure is finalised, it may be possible for you to have a drink of water. Please ask your nurse if this is possible.

## Instructions for medications you are taking

If for any reason your procedure is cancelled, it is very important that you ask the person cancelling your procedure what to do about re-starting any medication you have been asked to stop.

### Blood thinning medication:

Please stop the following medications **7 days before your admission, unless otherwise stated by the doctor:**

- Aspirin
- Clopidogrel
- Dipyridamole
- Prasugrel

If you are taking any of the following medications, you will be advised when to stop these before your admission date, including any further instructions:

- Dabigatran
- Apixaban
- Rivaroxaban
- Warfarin

### Anti-inflammatory medication:

Please stop the following medications **4 days before your admission:**

- Diclofenac
- Meloxicam
- Celebrex
- Ibuprofen
- Naproxen

### Diabetic medication:

If you are taking any form of diabetic medication (tablets or insulin), please refer to the diabetic guidelines sheet given to you by your nurse at your pre-assessment. This will tell you whether to stop, continue or reduce your diabetic medication before your admission.

## What to bring with you for your hospital admission

### Please bring:

- All medication in original packaging
- Slippers
- Nasal cream

- Dressing gown
- Wet hand wipes

**If you will be staying overnight in hospital, please also bring:**

- Toiletries
- Day clothes
- Nightwear (nightdress or pyjamas)

If you bring any food it must be stored in a sealed and labelled container.

## Your property and valuables

Please note there is limited storage on the wards for patient property and no secure, lockable amenities. Please limit the amount of valuables and property you bring into hospital.

Please leave all jewellery at home except for a wedding ring. However, if you are having a procedure on your hands or arms, please remove all rings and leave these at home.

Please only bring a small amount of money in with you, enough to buy a newspaper or magazine.

**Leave all credit cards at home.**

## Your on-going care

During your stay you may be moved to a different ward within the hospital, or to other NHS care providers to ensure you receive on-going assessment and appropriate treatment for your needs.

When you are getting better and do not need to be in hospital any longer, the team will work with you to plan your discharge and undertake an assessment of your needs. This involves looking at what is best for you. The team is made up of doctors, nurses, physiotherapists, occupational therapists and social workers. We will discuss your needs and options with you. With your permission, we will involve close relatives or friends who support you at home.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

**If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)**