

# 10 Things to do Before Your Admission



To ensure that your admission is as smooth and safe as possible, and to reduce the risk of cancellation on the planned day of surgery:

**We strongly recommend that you read this leaflet.**

This is an interactive document. Click on any underlined text to be taken to the relevant destination.

Click on the numbers below to skip to a section

**1**

**Complete your preoperative assessment**

**2**

**Be as well as you can be**

**3**

**Make travel and other arrangements**

**4**

**Check your admission time**

**5**

**What to bring into hospital**

**6**

**Stick to your fasting instructions**

**7**

**Follow the correct medication instructions**

**8**

**Shower before you arrive**

**9**

**Look after your skin and avoid skin breaks**

**10**

**When to contact us and how**

## **Contact us**

**Whittington Hospital**

**Magdala Avenue**

**London**

**N19 5NF**

**Switchboard (24hrs)**

**020 7272 3070**

**Admissions**

**07584 506 424**

**whh-tr.admissions@nhs.net**

**Pre Assessment**

**0207 288 5665**

**whh-tr.preassessment@nhs.net**

# 10 things to do before your admission

## 1 Complete your preoperative assessment

**Your admission and surgery cannot go ahead unless you have fully completed the pre-operative assessment process.**

You will need to:

- Complete your electronic health questionnaire on LifeBox as soon as possible. You will need to have a list of all prescribed medicines available to hand when you do this.

If you need an appointment to be rescheduled, please contact the admissions team at the earliest opportunity on [07584 506 424](tel:07584506424)

- In some cases, you will attend the outpatient department for an initial physical assessment. You will receive an appointment for this. If your procedure is under a local anaesthetic, you will not be required to attend outpatients.

- Be available for a telephone/video assessment with one of our pre-operative assessment nurses. You will need to have any relevant medical records available to hand for this and ensure that you are in an environment suitable for discussing your personal details. Note that sometimes, depending on the procedure you are having or your medical history, we may require you to attend the hospital for this appointment.

- If you are assessed as safe to proceed with surgery, you will have a theatre date confirmed and added to your LifeBox account. You will receive an email notification to let you know your theatre date has been confirmed on your LifeBox account.

Some patients may be required to attend an additional clinic at the hospital, such as for anaesthetic review.



[Click here to find out more about LifeBox and how it is used in your hospital](#)

If you need help or technical support using LifeBox, you can message the support team using the chat window on the LifeBox website or email [heretohelp@lifeboxhealth.com](mailto:heretohelp@lifeboxhealth.com)



# 10 things to do before your admission

2

## Be as well as you can be, and tell us if anything about your health changes

### It is important to get 'operation ready' to help your recovery.

- Get as fit as possible. Even moderate exercise can help, so do whatever you can to keep mobile and active. Please follow any instructions given to you by your surgeon.
- Consider your weight and eat a healthy and balanced diet, which will help your body to heal well in the postoperative period.
- Drink alcohol only within government-recommended safe limits beforehand and, ideally, no alcohol for at least one week before surgery.
- Stop smoking, vaping and any recreational drugs for at least one week before surgery. We are a smoke/vape-free hospital so you may wish to consider using nicotine patches during this period.

We have attached a video at the bottom of this document called 'Preparing for surgery: Fitter, better sooner' which goes into more detail about what you can do for all the above steps.

Please contact the pre-assessment team on [0207 288 5665](tel:02072885665) to let us know of any changes to your medication or health status before your admission. In particular, if you experience a sore throat, cold, cough, high temperature, vomiting or diarrhoea 10 days before your planned admission. This includes other household members.

3

## Make travel and other arrangements

### You will need to:

- Arrive at your specified admission time. (see step 4)
- Arrange for a responsible adult to collect you when you are discharged from the hospital. If you are being admitted for a day case surgery, you will also need to arrange for a responsible adult to remain with you overnight and for the first 24 hours you are discharged.
- Enter the hospital through the main reception entrance on Magdala Avenue, and take the lift on the Ground floor to the 3rd Floor. Report to the reception desk at the Day Treatment Centre.
- If you are unable to make your own way to the hospital and require transport, please contact DHL on [0333 240 4909](tel:03332404909), and they can arrange transport for you.

For information about travel and visitors visit our [FAQ page](#)





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## 4 Check your admission time

We will phone you to advise your exact admission time (and fasting times) as stated in your letter. This will happen on the day before your admission (or on Friday if your admission is planned for Monday).

If you have not received a phone call on the day before your admission (or on Friday if your admission is planned for Monday) please contact us:

Admissions department [07584 506 424](tel:07584506424)

Or for less urgent queries we can be contacted by email: [whh-tr.admissions@nhs.net](mailto:whh-tr.admissions@nhs.net)

On occasion, the operating list may change and we may need to alter the time of your admission. If your admission time is changed we will contact you via telephone.

## 5 What to bring into hospital

If you are staying in hospital, you will need to bring the following with you:

- Nightwear
  - Loose and comfortable clothes, being mindful of what type of surgery you are having
  - Toiletries for washing and showering
  - Charger for mobile phone and tablet
  - Glasses or contact lenses
  - Hearing aids
- 
- Sensible (non-slip) footwear (we can provide you with 'grippy socks' for use if preferred)
  - All medications you are taking in their original containers or, if this is not possible, your repeat prescription slip.

**The hospital is not liable for damage to or loss or theft of your private property.**



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## 6 Stick to your fasting instructions

**If your procedure is being performed under a general anaesthetic, spinal anaesthetic, regional block or requires sedation you will need to fast prior to your admission time.**

Fasting instructions are given for your safety. Confirmation of exact fasting times will be given in your pre-operative letter, and the day before your admission (or on Friday if your admission is planned for Monday), along with your exact admission time (see point 4).

Usually, you will be instructed to stop eating food six hours and drinking water two hours before your admission time. Please ensure you have 1-2 glasses of water until 2 hours before your admission time.

Ensure that you do not stop eating or drinking sooner than instructed.

Do not suck sweets or chew gum whilst fasting.



**Less than 6 hours**



**Less than 2 hours**





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7

## Follow the correct medication instructions

As part of the pre-operative assessment process, you will be given specific instructions about your prescribed medicines. You should be able to carry on taking most of your normal medication. However, you will receive specific instructions if you are taking any of the following:

- Blood thinners, including Aspirin, Warfarin, Clopidogrel, Rivaroxaban
- Immune suppressants, including Azathioprine, Dexamethasone, Methotrexate (Steroids)
- Insulin or other diabetic medications
- Blood pressure medications
- Anti-inflammatory medication
- Herbal remedies
- Recreational drugs
- Herbal remedies
- Certain psychiatric and/or weight loss medication

8

## Shower before you arrive

### You will need to:

- Shower on the morning of your admission. If this is not possible, you may bathe or strip-wash but showering is preferable. You may have been given antiseptic body wash to use but if not, please use your regular soap or shower gel. Ensure that your armpits, groin and the operation site are well cleaned. Please clean your teeth.
- Avoid using body scrub or shaving any hair on or near the operation site. This can cause microabrasions and small cuts in the skin which will increase your risk for post-operative infection.
- Dry using a clean towel.
- Do not use any body lotions.
- Remove all body piercings, acrylic/false nails, nail polish and false eyelashes.

Tell us if you are unsure about your medication instructions, or if your prescribed medication has changed. Contact our Pre-Assessment team by calling **0207 288 5665** Or email [whh-tr.preassessment@nhs.net](mailto:whh-tr.preassessment@nhs.net)



# 10 things to do before your admission

9

## Look after your skin and avoid skin breaks

One of the many functions of the skin is to act as a barrier to infection. Any breaks in the skin, such as insect bites, scrapes and scratches, allow bacteria to enter the bloodstream, which can cause post-operative infection and can be particularly troublesome if you are having a new joint or other implant.

### You will need to:

- Tell your pre-assessment nurse if you have eczema, psoriasis, leg ulcers or other open wounds.
- Contact the hospital if you damage your skin near the surgical site or have a flare-up of a skin condition between preoperative assessment and the day of your admission.

10

## When to contact us and how

You will receive lots of information before your admission, and we understand that it can feel a little overwhelming. However, it is very important that you take the time to watch the video information on LifeBox and read any written information you have been given about your surgical procedure prior to your admission. This is to ensure that you understand the associated risks and intended benefits of having your procedure and that you are confident about your decision to have surgery.

Contact the pre-assessment team on [0207 288 5665](tel:02072885665) or email [whh-tr.preassessment@nhs.net](mailto:whh-tr.preassessment@nhs.net) if you do not understand any of the information provided or have any outstanding questions or concerns.

For appointment rescheduling, please contact the admissions team as soon as possible:

**[07584 506 424](tel:07584506424)**

**We need you to watch the short video “Fitter Better Sooner” - outlining ways that you may choose to improve your health prior to surgery.**

**[CLICK HERE TO WATCH](#)**

Improving your health may shorten your hospital stay, improve the outcome of surgery and reduce the risk of medical and surgical complications.

