



Coming to Claremont

My role & responsibilities

An admission & discharge guide for patients



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*We've put together this reference guide of things that are **REALLY IMPORTANT** for you to remember to do before you come into hospital*

Healthy steps to improve my recovery before my operation

- **Food & drink** - Eat well, high protein & high carbohydrate food.
- **Sleep, rest & play** - Staying physically active before your operation will help you get better, faster. Try to relax.
- **Smoking & alcohol** - If you do drink or smoke, use this as an opportunity to stop or cut down. This will help your recovery & reduce the risk of complications.
- **You will not be in very long** - Set up plans for any support and going home before you come into hospital. This information might be useful to talk through

with a friend, carer or family member to ensure that you have the practical support in place to support your recovery.

Your to do / checklist

- Know the date for going home
- Told the right people where you will be
- Arranged transport for getting **there & back** – Claremont Private Hospital does not provide transport
- Packed a small bag with the right things you will need
 - Nightwear
 - Casual clothing to wear towards the end of your recuperation or during any post-operative physiotherapy
 - Personal toiletries
 - Books or magazines to read during your stay
 - Any medication you are currently taking in the original labelled containers including vitamins & supplements**
- Checked you have the right equipment - some of which you may have to buy

- Please **do not** bring any valuables, jewellery, large amounts of cash, credit cards or cheque book.

Coming into Claremont

It's vital that you have your MRSA swabs done – **at least 7 days** prior to your admission. MRSA is relatively safe if you've got it & are not having surgery, but if you are, it can be very problematic if it gets into a wound. **Protect yourself & others** & get your swabs done in plenty of time. You can get them done easily in outpatients Monday to Friday 8am to 8pm. Just turn up. If you don't get your swabs done, it is likely your operation will be cancelled.

If you have been given an appointment to attend a Pre-operative Assessment **please bring** the pre-op booklet with you.

If you don't have an appointment for Pre-operative Assessment, **POST** the **completed** pre-op booklet in the pre-paid envelope **as soon as you can**.

It is important that you arrive on time as your consultant & anaesthetist will meet you before the theatre list starts. The order of the list will be

confirmed once your consultant has seen all the patients on his list. You may be first; you may be last. Bring something to keep you occupied.

Preparing to come to hospital

You may need to refrain from eating & drinking prior to your operation, but this will be detailed in your admission letter.

Body piercings & other jewellery should be removed before you arrive at the hospital. Plain wedding bands may be worn. Before your operation, you will also need to **remove** any nail varnish, nail extensions & cosmetics.

As part of your pre-operative preparation it is essential that you bath or shower on the day of your surgery prior to coming into hospital. Don't forget to use the special shower gel if it's supplied & follow the instructions on the bottle.

Medication

While you are under our care in the Hospital we will provide essential pain relief as required. **But on discharge we no longer supply simple, over-the-counter mild pain relief medications such as Paracetamol, Co-Codamol (8/500) or Ibuprofen (200mg & 400mg). Neither do we supply Lactulose or Senna.** They are useful in keeping your pain at bay & your bowels moving, so we recommend that you get a supply from your local chemist or GP prior to admission. We will supply stronger, prescription-only pain killers as necessary.

Whilst in hospital you need to:

- Take an active part in your recovery, follow the advice & instructions of the clinical team
- Be positive about your recovery
- Start to eat & drink, your body needs fuel to repair
- Go easy, this is exercises to help with your recovery not to add more fatigue. You need to practice any exercises before & after your operation
- Set yourself a daily goal - little steps go a long way

- Don't be afraid to ask questions & for information to be repeated if you do not understand. **If you are not sure say so.**

Discharge – going home

You will be advised by your nurse how long you will need to stay in hospital for. Recovery does not stop when you leave hospital. Think about what questions might you need to ask?

- When can you have a bath or shower?
- When will you be able to drive again?
- When should you go back to work?
- When are you able to resume intimate relations?
- Will you need extra support at home while recovering?
- What else do you need to know?

Remember, for the first 24 hours after an anaesthetic:

- Do not drive a motor vehicle
- Do not use any heavy equipment
- Do not make any important decisions, e.g. signing a legal document
- Do not take sleeping tablets unless prescribed by your consultant
- Do not drink alcohol

Feedback

We're constantly working hard to improve the services that we offer & patient feedback is always valued. We'd be grateful if you could complete & return our patient questionnaire at the end of your stay – hard copy or online at www.hwasureveying.co.uk/Aspen_Patient_Feedback

Any questions?

You can call the ward before you come in if you have any questions on **0114 263 2167**.

Surprisingly some patients don't turn up on the day of their planned surgery resulting in an empty theatre slot that could be used for others on the waiting list.

*If you decide **not to come** for your planned procedure, **please let us know as much in advance as possible.***

Wasted theatre slots cost healthcare organisations & the NHS millions of pounds each year. It also makes waiting times for other patients longer than necessary.