

Welcome to Petter Day Treatment Unit

Ladywell Unit
North Devon District Hospital
Tel: 01271 322722

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

The aim of this booklet

The aim of this booklet is to:

- Relieve any fears about coming into hospital
- Explain what you may expect during your stay
- Help you prepare for your operation

What is the Petter Day Treatment Unit?

- This is a ward for female patients who are having either gynaecology surgery or breast surgery. If you are admitted for a day-case procedure, you will be treated and discharged home from the unit on the same day, without the need for an overnight stay in hospital.
- If you are admitted and staying overnight, you will be treated then transferred to the female surgical ward after your operation for your overnight stay.

The unit has six beds. The unit is equipped and staffed to the highest standards to ensure that treatment and care is provided efficiently and safely.

Privacy and dignity in hospital

All of the hospitals run by the Northern Devon Healthcare NHS Trust comply with the principles of good practice on the provision of same sex accommodation for all inpatients.

On the Petter Day Treatment Unit, we are aware of the need for privacy and confidentiality. We also try to meet individual requests when possible.

Please be aware that due to the nature of some of the procedures performed, relatives are not permitted to stay with patients in the bay area. However, we do make allowances for a relative to stay with a patient in one of the cubicle areas in some circumstances.

Keeping you safe

We work hard on keeping infection and accident rates down and our staff are committed to doing everything possible to keep you safe.

There are some things you can do to assist us:

- Please tell a nurse or other member of the caring team if you have any symptoms of infection such as diarrhoea or vomiting, feel pain or discomfort around an intravenous line or urinary catheter.
- Please feel able to ask the staff whether they have washed their hands before examining you.
- Call for help if you see another patient in distress or attempting to climb out of bed or walk when they are unable to do so safely.
- If you think a mistake is being made about your treatment, including the medication you are being given, raise it straight away with the nurse, doctor or other health care professional.

Getting ready for your visit

You will have a pre-operative assessment and should be given all relevant information you require prior to your operation.

If you feel worried or nervous about any part of your admission or procedure and want to talk to someone about it, nurses on the unit will be happy to talk to you and help in any way they can. Please feel free to ring us on **01271 322722**.

Things to remember

You may be away from your family for a large part of the day. You will not be able to drive or operate any machinery or equipment, such as a cooker, for 24 hours after your operation.

If you are to have a general anaesthetic, you must arrange for someone to:

- accompany you home after the operation. Do not use public transport.
- stay with you for at least 24 hours after you get home.

Special preparations

- You can reduce the risk of chest problems after your operation if you stop smoking for at least 48 hours before you come in for surgery.
- You **must not** eat anything for six hours before your operation, unless you have received specific instructions stating otherwise; this includes sweets and chewing gum.

- You are able to drink clear fluids up to two hours before your surgery; this includes black tea/coffee or water.
- Please bath or shower on the morning of your operation before you come into hospital. After your bath, do not use any talcum powders, body sprays or perfumes.
- Please remove any nail varnish and do not wear makeup.
- Please remove any jewellery.
- Should there be infectious diseases in your household, please contact the ward for advice.

What to bring

- A specimen of urine if you have been asked to do so at Pre Assessment
- Any drugs or medicines you are taking
- Any inhalers that you normally use
- Slippers / flipflops and dressing gown / cardigan
- Something to read

You may bring your mobile phone, iPad or Kindle, but please note that the Trust will not accept responsibility for personal property brought into hospital, unless it is handed over for safe custody and an official receipt obtained. We advise you not to bring valuables such as jewellery and credit cards.

What will happen first?

When you arrive, you should report to the Petter Day Treatment Unit reception where your name and address will be checked. At this time we will advise your relative/accompanying person about an estimated time for you to be picked up. After your accompanying person has left, you will be taken through to the day treatment ward, where you will meet your nurse who will be caring for you during your stay.

You will be given a wristband with your name and patient ID number. This is an important safeguard to ensure that you receive the right treatment.

Information about your operation

Your nurse will ask you some questions so that everything relevant is known about your health. She will also take your pulse and blood pressure, and test your urine sample.

You will also be seen by your surgeon and anaesthetist. This allows them to assess your general health and also gives you an opportunity to ask any questions. It is sometimes a good idea to write these down if you think of them beforehand.

You will be asked to sign a form giving your permission for the operation to be carried out and the anaesthetic to be given. Please read this form carefully and ask the doctor if there is anything you do not understand.

All patients are seen and assessed before the start of the operating list. This is why there may be a delay between your arrival and going to theatre.

Getting ready for the operation

After undressing, you will be asked to put on a cotton gown. The nurse will check you have removed contact lenses or false teeth if you have them. Makeup, lipstick and nail polish must be removed. This is because the anaesthetist needs to see the colour of your skin during the operation to check whether you are getting enough oxygen. Jewellery must also be removed, partly to prevent infection and partly because metal objects can cause skin burns. However, wedding rings can be worn and will be covered with tape.

You will walk to theatre accompanied by the nurse.

After your operation

You will be taken from the theatre into the recovery ward on a trolley. A specially-trained nurse will care for you until you are awake and your condition is stable. While you are waking up, we may give you oxygen to breathe through a clear plastic mask. Your nurse will take your pulse and blood pressure regularly and give any care your doctor or anaesthetist has recommended.

How will you feel when you wake up?

You will probably feel drowsy. You may feel sore and possibly have some nausea. Let the nurse know if you have any pain or nausea and they will give you something to help. Your throat may be dry, like a mild sore throat.

Once you are comfortable and awake, you will be transferred back to Petter Day Treatment Unit or the female surgical ward if you are staying overnight.

Once you are back on the ward, your nurse will take a handover from your recovery nurse. She will take your blood pressure and pulse. You will be offered a drink and some biscuits.

Going home

Most patients are discharged within two or three hours after their operation. Please ask the person who will be taking you home to contact the ward to find out what time they should come.

Before you go home, your nurse will give you any instructions or advice about what to do and expect over the next few days. She will also get any medication you need from the hospital pharmacy. This can sometimes take time; please bear with us. You will receive an invoice by post for the prescription charge, unless you are exempt from payment. Arrangements will be made for any follow-up treatment or appointments you may need.

If you have any pain or discomfort, please tell the nurse before you go home.

For the first 24 hours after your operation

You may feel tired when you get home. Take a complete rest for the remainder of the day and have a quiet day after. Depending on the procedure, you may need to take some time off work. Please ask the consultant or nurse when you come to the unit.

You may eat and drink normally as you wish, but please do not:

- drink alcohol for at least 24 hours after the anaesthetic
- take sleeping tablets
- bath or shower for 24 hours

Please also avoid operating machinery of any kind or doing anything that requires coordination or judgment, such as driving or operating kitchen appliances.

If pain stops you sleeping, a mild painkiller may help. Continue to take your medication as before, unless otherwise directed.

If you have increased pain that is not resolved by painkillers, are bleeding heavier than a normal period or have other problems, please contact your GP. Alternatively, within the first 24 hours, you may return to the Emergency Department at North Devon District Hospital.

Your views

A suggestion box is available. We are always pleased to share appreciative comments and will do our best to act on ideas for improvement. If you are worried or dissatisfied with any aspect of your care, please tell your nurse or doctor. If you prefer, you can ask to speak to the Ward Manager or person in charge. Please don't wait until you get home before letting us know about any concerns. The sooner we know, the sooner we can try to help.

Further information

If you have any concerns or questions, please telephone the Petter Day Treatment Unit on **01271 322722**.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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