

Welcome to the pre-operative assessment clinic

This information sheet explains more about what to expect during your pre-operative assessment appointment. We hope your time with us is as pleasant as possible.

If you have any further questions, please speak to a doctor or nurse caring for you.

What is pre-operative assessment?

Pre-operative assessment is an appointment where we can assess your fitness for surgery and anaesthesia.

What will take place during this appointment?

You will be asked to complete a health questionnaire, which includes questions about your past and present health, previous operations and medications. Please ask at reception if you require assistance to complete the questionnaire.

You will be seen by a healthcare assistant, who may perform some of the following tests:

- Blood pressure, pulse, temperature and respiratory rate measurements.
- A urine test (to test for infections, which must be treated before you can have surgery).
- Swabs taken for MRSA (methicillin resistant staphylococcus aureus) – a type of bacteria that can cause infections. Any infection must be treated before you can have surgery.
- An electrocardiogram (ECG). This is a way of recording the rate, rhythm and electrical activity of your heart. It's a simple test that does not cause any discomfort or pain. Please note that you will need to partially undress for this test.
- Recording your height and weight.

Please let us know if you prefer to see a healthcare practitioner of a particular sex.

You will then be seen by a nurse, who will ask you about your general health and fitness. You may require a physical examination and you may need to partially undress and lie down on an examination couch.

If we find that you have problems that need to be controlled, such as high blood pressure or diabetes, you will need to see your GP for treatment.

If everything is okay, the nurse will determine the best route for you to come into hospital – via Day Surgery, the Surgical Admissions Lounge, a ward or referral to another team.

You may need to have a blood test after your assessment with the nurse, but this is not necessary for all patients. Once this test has been completed, you will be able to leave.

The results of your tests will be checked later. If further tests or treatments are needed, the nurse will contact you and refer you to the relevant hospital department or your GP.

Please note that the nurse will not be able to give you a date for your surgery. You will be contacted by an admissions officer who will confirm a surgery date with you.

Information rounds

We aim to see you as soon as possible. However, depending on the progress of the clinic, waiting times may be extended. Please speak to a member of staff if you have been waiting for longer than 30mins, and you have not been advised of the estimated waiting time.

If you would like to speak to the ward sister or matron during your appointment, please ask the nurse in charge to organise this for you.

Contact us

If you have any questions or concerns about coming in to the pre-operative assessment clinic, please do not hesitate to call us on:

020 7188 7188 ext **53164** (St Thomas')
020 7188 8300 (Guy's Tower)
020 7188 4222 (Guy's, Southwark).

Useful sources of information

Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS) – To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC) – For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Language Support Services

If you need an interpreter or information about the care you are receiving in the language or format of your choice, please;

Tel: 020 7188 8815

Fax: 020 7188 5953

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