

Be Tip Top Before Your Op

Helping you prepare for an
admission to hospital



We want to support you by ensuring that you maintain your optimum health and wellbeing in the lead up to your operation or procedure.

This leaflet is to help you prepare for an admission to hospital for an operation or procedure.

Please help us to help you, by ensuring that any pre-existing medical conditions such as:

- Hypertension (high blood pressure)
- Diabetes
- Asthma / Emphysema
- Angina or any other heart conditions

are well controlled prior to your admission in to hospital.

If you have any sort of pacemaker device, bring the device information leaflet with you to your pre-operative assessment appointment. This will help us to co-ordinate your admission into hospital.

If you are overweight, we strongly advise that you attempt to lose weight between the decision made to operate and your admission to hospital. Please be aware that some procedures or operations may be cancelled if you are overweight.

Please do not have a flu vaccination within two weeks of your operation or procedure.

If you smoke or use recreational drugs we advise that you work towards stopping before surgery.

Free help and advice on quitting smoking is available from the Hertfordshire Stop Smoking Service on 0800 389 3 998.

Advice is also available from the Hertfordshire Drug and Alcohol Recovery Service on 0800 652 3169.

Some procedures or operations may be cancelled if you continue to smoke or use recreational drugs.

Your GP and practice nurse can support you further.

If, after your pre-operative appointment, you are feeling unwell, particularly with a cold or flu prior to your procedure, contact the waiting list team on 01438 286857 or 01438 286852. It may be necessary to cancel your operation or procedure and rebook your hospital admission for when you are feeling better.

If you are feeling unwell on the day of your operation, your team or the anaesthetist may cancel your procedure and unfortunately we will not be able to offer this space to another patient.

If anything changes in your health status after your pre-operative assessment appointment, please contact us and let us know as this may affect your admission.

If you have any further queries please do not hesitate to contact us. Our main correspondence address is:

Pre-operative Assessment Unit

Lister Treatment Centre Level 4
Lister Hospital
Coreys Mill Lane
Stevenage
Hertfordshire
SG1 4AB

General enquiries: 01438 288134

Waiting list office (appointments and cancellations):
01438 286857 or 01438 286853

Our office is open Monday - Friday from 9am to 5pm.
We are closed on Saturdays, Sundays and bank holidays.

If you are calling out of office hours, please leave a message on our confidential answer machine and a member of our team will be in touch as soon as possible.

General information can also be obtained from the Trust's Patient Advice and Liaison service (PALs): 01438 285811.
You can also call NHS 111 or speak with your GP.

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You can request this information in a different format or another language.