

## Contact details

**Pre-operative Assessment Team** ☎ 01438 288134 or 288259  
Treatment Centre, Level 4  
Lister Hospital  
Coreys Mill Lane  
Stevenage  
Hertfordshire SG1 4AB

### Waiting List Office - Appointments and Cancellations

Office hours: Monday to Friday, 9am - 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 contact as soon as possible.

### Please telephone the relevant waiting list office:

ENT	☎ 01438 286835 or 286836
Gynaecology	☎ 01438 284299
General Surgery/Breast/Vascular	☎ 01438 286858 or 286856
Oral Surgery	☎ 01438 286858 or 286856
Pain	☎ 01438 286832
Plastics	☎ 01438 286833 or 286837
Trauma & Orthopaedics	☎ 01438 286847 or 48/49/50
Urology	☎ 01438 286852 or 53/54/55

### Additional information

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. It is available 24 hours a day, 7 days a week.

☎ 111

Alternatively, speak with your GP.

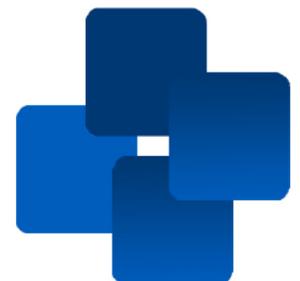
[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

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

## Patient Information

**Be tip top  
before your op**

Helping you prepare for an  
admission to hospital



## Introduction

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

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

Please help us to help you, by ensuring that any pre-existing medical conditions are well controlled prior to your admission to hospital, such as:

- **hypertension (high blood pressure)**
- **diabetes**
- **asthma / emphysema**
- **angina or any other heart conditions**

## Pre-operative assessment appointment

If you have any sort of pacemaker or implantable cardioverter defibrillator (ICD) device, please bring the device information leaflet with you to your pre-operative assessment appointment. This will help us to plan and co-ordinate your admission into hospital.

## Weight

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.

## Smoking and alcohol

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 Smoke Free National Helpline ☎ **0300 123 1044**  
[www.nhs.uk/smokefree/help-and-advice/support](http://www.nhs.uk/smokefree/help-and-advice/support)

- Advice is also available from the Spectrum Drug and Alcohol Recovery Services ☎ **0800 652 3169**  
[www.changegrowlive.org/](http://www.changegrowlive.org/)

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.

## Feeling unwell before your planned procedure

If, after your pre-operative assessment appointment you are feeling unwell, particularly with a cold or flu prior to your procedure, please contact the Pre-operative Assessment team on 01438 288134 or 288259.

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 but 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.**

## Further questions

If you have any further questions or concerns, please do not hesitate to contact us. Our contact details are on the back page of this leaflet.