

**Orthopaedic Unit
Royal Infirmary of Edinburgh**

Preparing for your operation

Arrangements have been made for you to be admitted at **7:30am** to:

Monday to Friday: Orthopaedic Admissions Unit

Saturday/Sunday: Ward 208 – base A

On day date.

As you will be having an anaesthetic, it is essential that your stomach is empty beforehand. Therefore please do not eat or drink anything after

12 midnight on the night before you are due to be admitted.

(including sucking sweets and chewing gum)

You can drink one cup of clear water at **06:30** hours

Try to have a light snack and drink before going to bed, to ensure you do not fast for an excessive length of time.

If you need to take regular medicines in the morning – please take with **only a sip of water.**

Do not take diabetic medicines unless you have been told to do so.

A lift is available to the Orthopaedic Admission Unit/ward 208 at the entrance to OPD6. For the Orthopaedic Admissions Unit take the lift up to the first floor and exit the corridor, **past ward 109** until you come to the Orthopaedic Admissions Unit.

For ward 208 take lift to second floor where you exit opposite ward 208

Please be aware that on your arrival to either area you will be asked to wait in a small sitting room – consider bringing some reading material.

You have been asked to come in at this time in order to be seen on the morning ward round by the medical staff, and the anaesthetist, as preparations can be carried out in order for you to be ready for your theatre slot.

- **Please bring all your medication with you on admission**, ensuring that all tablets are in their original container.
- You are advised **not to smoke** for at least 24 hours before your anaesthetic.
- Please take a bath or shower before coming to the ward. Do not use talcum powder, perfumed body products or deodorants after this.
- You should bring a small overnight bag with one set of nightclothes, toiletries and slippers.
- Please remove any makeup and nail polish before you come in.
- Please **do not bring** anything of value since we do not have facilities for safeguarding your property whilst in hospital.
- You may bring change for the public phone if required. Jewellery should be kept to a minimum, for example only a single band ring. Do not wear any jewellery on the affected limb.
- Relatives who bring you in must be aware they cannot wait with you prior to your operation

If you are unable to attend on this date or change your mind about the operation, please contact us as soon as possible so that theatre time is not wasted.

**Ward 120 – Tel No. 0131 242 2122/4
Orthopaedic Admissions unit (Mon – Fri 07:00 – 15:00)
Tel No. 0131 242 3460**

PLEASE NOTE THAT THIS HOSPITAL OPERATES A 'NO SMOKING' POLICY

