

INFORMATION FOR PATIENTS

Your admission to King's Mill Hospital

Welcome to King's Mill Hospital

This leaflet has been designed to help you to prepare for your admission to hospital. It is important that you read all the information below so you know what to expect when you come to hospital.

Our staff will do everything they can to make your stay as comfortable as possible. Should you need further information about your admission, please do not hesitate to contact the ward you are being admitted to by calling the hospital switchboard on **01623 622515**.

What if I can no longer attend my appointment or need to change my personal or contact details?

So that we can keep you fully informed, please let us know if any of your personal or contact details change, e.g. your address, GP, or name.

We may try to contact you in the week running up to your surgery to check if you are still fit and able to attend and that your health has not changed since your preoperative assessment. If however, you become ill, are no longer able to attend or change your mind about the operation, please contact the Waiting List Office using the number on your admission letter.

Before your operation

What do I do about eating and drinking?

It is advisable not to drink alcohol for 24 hours before your operation. If you are having your operation under a **local** anaesthetic, you can eat and drink as normal prior to your admission.

If you are having your operation under **any other** anaesthetic, it is very important that your stomach is empty before your operation. It is not necessary to starve for longer than the times given below as doing so may cause general discomfort and may delay your recovery.

If you are having your operation in the morning:

- Do not eat anything after **3am**. This includes chewing gum and sweets.
- You may drink **clear fluids** up to **7am**. Examples of clear fluids are water, tea and coffee **without** milk, sugar or sweetener.

If you are having your operation in the afternoon:

- Do not eat anything after **7.30am**. This includes chewing gum or sweets. You may have a light breakfast of toast or cereal before this time.
- You may drink **clear fluids** up to **11.30am**. Examples of clear fluids are water, tea or coffee **without** milk, sugar or sweetener.

Items you may need to bring with you:

- Any prescribed or over the counter medicines or tablets which you take regularly.
- Comfortable day clothes including underwear.
- Appropriate nightwear including dressing gown and slippers.
- Flat, secure-fitting shoes.
- Any walking aids you may use.
- Spectacles/hearing aid/contact lenses.
- Toothbrush and toothpaste or denture cleaner.
- Soap and deodorant.
- Shaving equipment.
- Sanitary products.
- Bath towel and a flannel.
- Telephone numbers for your relatives.
- A book or magazines.
- Money for items such as newspapers, TV, telephone and the voluntary services trolley.

Please do not bring:

- Large amounts of money.
- Valuables, such as jewellery.
- Alcohol, illicit drugs, cigarettes or e-cigarettes and chargers.
- Any electrical items e.g. hair straighteners.

Personal electronic devices and chargers

The Trust permits the use of these on Trust premises providing:

- The equipment displays the CE mark of conformity.
- The charger used was supplied with the device (no mixing).
- A visual inspection is carried out to ensure there are no apparent defects, cracks, damaged cables, burn marks etc.

We are unable to accept any responsibility for loss or damage to your valuables or personal belongings, unless they are handed in for safe keeping on admission and a receipt obtained.

Medications

Please bring with you all regular medications currently prescribed for you. Medications should be in their original packaging and clearly marked with your name as these may be used for you whilst you are in hospital. During your stay your medications may be stored in a locked cabinet next to your bed.

On admission

On the day of your operation, please report to the ward or admissions lounge as indicated on your appointment letter. The admissions lounge is situated in the Day Case Unit. All locations are clearly signposted in the main entrance.

If you struggle with your mobility (for example walking) please ask the main reception desk (which is in the main foyer of the hospital) to telephone the Day Case Unit for a member of staff to bring a wheelchair and collect you.

The Day Case Unit staff will check your details when you arrive at the unit. All staff should wear name badges and will introduce themselves to you.

You will meet your nurses who will prepare you for your operation and anaesthesia. You will usually meet your surgeon and anaesthetist.

Please be aware that your admission time is not the time of your operation. The nursing staff will keep you informed about the time of your operation, though last-minute changes may occur.

You will be asked to change into a theatre gown before you go to theatre. Nurses are available to help you.

You will have a bedside locker where you can store your personal belongings on the main wards and one can be provided on the Day Case Unit. We advise you to arrange with a relative or friend to take home your excess possessions to maximise space. There is a personal TV and radio available at most bedsides on the main wards but not on the Day Case Unit. The radio is a free service at all times, however the other services are charged on a 'pay as you go' basis.

Following your operation you will be taken to the appropriate ward for your recovery.

Privacy, dignity and same sex accommodation

We are committed to ensuring that every patient has the right to privacy and to be treated with dignity and respect. Our care is provided in surroundings that take account of your personal, spiritual and religious needs.

It is most likely that your ward cares for both male and female patients. The rooms which will be shared by members of the same sex are the rooms in which you will sleep. Same sex toilets and bathrooms are accessible and close to your bed area. Patients of the opposite sex will share assisted washing and toilet facilities but not at the same time. Sharing with members of the opposite sex will only happen occasionally as a result of clinical need.

Going home

A member of the nursing staff will discuss arrangements for your discharge once a date has been agreed. You may be given an approximate or expected date of discharge prior to coming into hospital. If this is the case you should provisionally put any necessary arrangements in place such as transport. If you think you will need any assistance at home please speak to a member of nursing staff well in advance of your discharge date.

Should you have any questions when you return home please contact the ward directly. You will be given the contact details of the ward when you are discharged.

Smoking

King's Mill Hospital is a no smoking site. If appropriate, information about where you may smoke outside of the hospital itself will be displayed in the main entrance area and around the hospital site. Smoking will only be tolerated in a designated area. Please speak to a member of staff if you would like to stop smoking. We can offer advice and refer you to services that support smokers who want to cut down or stop completely.

Infection prevention and control

Everyone entering our hospital premises (patients, visitors and staff) bring with them a variety of germs. Some of these may be capable of causing infection. Thorough hand hygiene by staff, patients and visitors contributes more than anything else to controlling these infections. Alcohol gel for hands should be available throughout the ward. Please ask your relatives to use the gel when they arrive onto, or leave, the ward OR to wash their hands before and after visiting you.

When washing your hands:

- Wet hands thoroughly before applying gel.
- Vigorously massage the lather onto all surfaces of both hands, paying special attention to fingertips, thumbs and between fingers.
- Wash underneath rings.
- Rinse hands, then dry them thoroughly using the paper towels provided.

Cover cuts with waterproof plasters and use hand cream to prevent dryness and chapping. Healthcare staff should wash their hands or use alcohol gel before any close contact with a patient. Do not be afraid to ask them to do so.

MRSA screening

Most patients being admitted to hospital will be screened for MRSA (Methicillin Resistant *Staphylococcus aureus*).

Staphylococcus aureus is a common germ that lives harmlessly on the skin. MRSA is a type of *Staphylococcus aureus* that has become resistant to the commonly used antibiotics. This germ is not normally a risk to healthy people and the majority of people who carry it do not have symptoms and are unaware they are carrying it.

You will be screened for MRSA by taking a swab from inside your nose and groin area. It is painless and will only take a few seconds to complete. If the result is positive you will be informed by a nurse and your treatment will begin. Treatment for MRSA includes an antiseptic wash and nasal ointment. A nurse will provide you with more information about your treatment should you need it.

Car parking

For safety and security, the hospital and its grounds are protected by closed circuit TV and patrolling security staff.

There is a charge for parking on site which contributes to the security measures. Details of charges are displayed in the car parks and the main entrance area. They are also on our website. If you are likely to use the car park over several days, it may be worth buying a long-stay ticket at a discounted rate.

The main hospital entrance also offers a 15 minute drop-off zone. Porters and wheelchairs are available just inside the main entrance. Please ask a member of staff if you require assistance.

If arriving at peak times, you may experience a short wait in accessing the main car park. Other parking facilities will be signposted – or please ask at the reception desk in the main entrance area.

Our facilities

The following facilities are accessible from the main entrance area:

- WH Smith – selling gifts, toiletries, magazines and snacks. There is also an ATM cash dispenser located within the shop which is free to use.
- Costa Coffee shop.
- Daffodil Café.
- Voluntary Services.
- Spice of Life Restaurant, Level 6.
- Vending machines.
- Faith Centre - open 24 hours.

In addition, a library trolley, and a snacks and essentials trolley visit the wards.

Important

Please do not use recording equipment in our hospitals – including cameras, videos or audio recordings on mobile phones. Smart home devices such as Alexa, Echo, Google Home and Siri, record conversations and do not support privacy and dignity for other patients, colleagues or visitors, so please don't bring them to hospital.

Respect for people during your visit

We are an inclusive employer and we are proud of our highly skilled colleagues, who have a range of diverse backgrounds. We also care for a diverse group of patients. We do not tolerate physical or verbal abuse or any form of discrimination towards our staff or patients. This includes, but is not limited to, racism, homophobia, anti-religion and sexism. We will robustly manage any such incidents and, where appropriate, will involve the police.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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