



Welcome to Fotherby Ward

County Hospital Louth
01507 600100 ex 1229/1409

www.ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

Aim of the leaflet

This leaflet aims to provide patients with information about Fotherby ward prior to admission for surgery.

IMPORTANT INFORMATION PRIOR TO ARRIVING FOR YOUR SURGERY

Changes to your health or medication

If you have any changes to your health or medication or you have to see a consultant/specialist or your GP for anything that has not already been discussed with the pre admission nurse, please inform the nurses on arrival to the ward.

Please report to Fotherby ward at the time and date given in your instruction booklet.

Please note: The time of arrival is not your time for surgery and you will be seen by the nurse, doctor and anaesthetist in the theatre list order, not the time order, of your arrival on the ward. The operating list is subject to change. We will endeavour to keep you informed of any unexpected changes or extended waiting times. Please bear with us.

Eating and drinking

You should follow the instructions on page 4 of the admission instructions for day or inpatient surgery booklet. If you are having a local anaesthetic you should follow the instructions given to you in the booklet with your date and time of admission.

Failure to follow the instructions may result in your operation/procedure being cancelled.

How to Identify Ward Staff

Matron	Navy blue tunic with red piping
Sister	Navy tunic
Trained Nurse	White tunic with blue epaulets
Student Nurses	Pale blue tunic with white piping
Assistant Practitioner	Pale blue tunic with navy piping
Trainee Assistant Practitioner	White tunic with pale blue epaulets
Health Care Support Worker	White tunic with red epaulets
Housekeepers	Pale green/white striped tunic with white piping

Contact details

We hope this information has been helpful to you. It is by no means comprehensive, so if you have any queries please do not hesitate to contact us on the numbers below, or on admission.

Pre admission 01507 600100 ext 1225/1441

Fotherby ward 01507 600100 ext 1229/1409

If you have any comments or suggestions on how we can improve the service we offer please feel free to speak to a member of staff.

Out of hours messages can be left on our answer phone by dialling the ward number.

On arrival relatives will be given information which will include a contact number and approximate time for discharge.

Patients wishing to see a religious representative for support or a visit may arrange their own or we can arrange a visit by a representative; please speak to a member of staff.

If you are transferred to another hospital, travel directions will be made available to your friends/relatives.

In the unlikely event of a fire alarm sounding during your visit, please follow the instructions given to you by the nurse in charge. The fire alarms are tested weekly on a Wednesday.

Catering facilities for relatives/friends

The hospital canteen is open Monday to Friday until 2.00pm.

The League of Friends, in the outpatients department, is open Monday to Friday between 9.00am and 12 noon and 2.00pm and 4.00pm.

Outside of these hours, we advise that relatives/friends bring all necessary food and drink required whilst you are waiting as we are unable to supply food and drink. Alternatively, take the short walk down the hill into the town centre.

Visiting times

2.00pm to 9.00pm

No visiting is allowed during protected meal times which are 12.30pm to 1.00pm and 4.45pm to 5.15pm unless to help with feeding.

Mobile Phones

There are restrictions on the use of mobile phones in the bed area. You are welcome to use them in the day room or balcony.

Smoking and alcohol

United Lincolnshire Hospitals NHS Trust has a smoke free policy. Smoking is not permitted in any building. You should not smoke or drink alcohol for 24 hours before or after your operation/procedure. Smoking can increase your risk of post-operative chest infection and alcohol may exacerbate the effects of the anaesthetic.

If it is not possible to stop at least try to cut down the number of cigarettes you smoke and units of alcohol you drink.

Jewellery and piercing

All jewellery and piercings have to be removed. A wedding band may be worn unless you are having surgery to your left hand/arm or shoulder in which case it must be removed due to potential post-operative swelling.

Make up and nail polish

Do not wear any make up and remove all nail polish from fingers and toes. Artificial nails must not be worn.

Bath or shower

Please bath or shower on the morning of your admission. You may use any products you like in the bath or shower. Do not apply any body lotion, deodorant, talcum powder, perfume or aftershave following your bath/shower.

Shaving

Do not shave around the planned site of surgery. If this needs to be shaved it will be done in the operating theatre.

What to bring with you on the day of your operation/ procedure

Even if you are booked as a day case you will need to bring an overnight bag with you. This should include:-

- Nightwear, dressing gown and slippers.
- All of your medication including inhalers and anything you have been advised to stop before your operation/procedure. The medication should be in its original boxes.
- Toiletries such as soap/shower gel, towels, toothbrush and toothpaste, denture pots, sanitary towels if required, shaving equipment etc.
- Please do not bring flannels into the hospital. If you do stay with us overnight you will be given disposable flannels to use.
- Glasses if worn, contact lenses and containers. Please note contact lenses need to be removed prior to surgery.
- Do not bring any electrical devices in to hospital. Please ring the ward if in doubt.
- Small change for sweet trolley. Do not bring valuables or large amounts of money as the hospital cannot accept liability for loss or damage.
- There are no public phones on the ward. Mobile phones can only be used in the dayroom or corridors adjacent to the ward but **NOT** in the main ward area.
- Valuables such as jewellery, cash, computers etc remain your responsibility unless handed in for safe keeping.

Pain relief

After surgery you will be given pain killers to keep you comfortable during your hospital stay, however, please ensure that you have a supply of pain relief medication at home such as paracetamol and ibuprofen (if suitable). Any medication supplied by the hospital will be subject to the full prescription charge.

Please bring in money to cover this or your exemption/pre-payment card.

Discharge advice

Patients requiring a day care procedure will be expected to remain in hospital until nursing/medical staff consider it safe and appropriate for them to be discharged. You will stay on Fotherby Ward until you have recovered sufficiently for a safe discharge home. This will be on average 2 hours after your procedure.

Once ready, you will be given written information relating to your recovery and specialised instructions if applicable. Your GP practice will be informed of your admission and operation via email, enabling them to further support your recovery at home.

Information for relatives/friends accompanying patients to Fotherby ward for their treatment

Fotherby ward is a patient only area, this is to support all our patients privacy and dignity, decrease infection and to enable you to get maximum benefit from your post operative rest and recovery time. This ensures you will be able to return home as soon as possible.

Any accompanying relatives/friends should be kept to a minimum and should leave the ward area once you have been admitted. Patients with individual needs or vulnerable adults who need carers or parents to stay with them should speak to the nurse in charge on arrival.