

## Pre-surgery

Typically, you will be admitted to the hospital the day before your operation. Upon arrival, you will be assigned a bed on the surgical ward and asked a series of routine questions regarding your general health, any medications you are currently taking, and any allergies you may have.

Following your admission, various members of staff or departments may visit you. If you have already attended a Pre-Op assessment, some of these steps may have already been completed. A member of the surgical team responsible for your care will provide a detailed explanation of your operation and discuss any potential risks. After you have been given all the necessary information, you will be asked to sign a consent form to confirm you agree to proceed with the operation.

The stoma nurse will give you an information leaflet about your stoma and answer any questions you might have. They will also mark your abdomen, below your usual clothing waistband, to indicate where the stoma will be sited, ensuring it is placed comfortably and is not irritated by clothing.

Your anaesthetist will explain the type of anaesthesia that will be used during and after your operation. The procedure will take place under general anaesthetic, meaning you will be asleep throughout. The anaesthetist will also discuss pain relief options available to you following surgery and go through any risks associated with the anaesthetic.

If you experience any severe pain at any stage, inform your nurse immediately; additional pain relief can be prescribed if needed.

The ECG department may come to take a heart trace (ECG) as a routine precaution, usually at the request of your anaesthetist.

The Phlebotomy department may also collect blood samples, which is a standard part of preparation before surgery.

Prior to your operation, you will be instructed not to eat, chew, or smoke for at least six hours, and to have nothing to drink for three hours before surgery. The scheduled time of your operation will be communicated to you, and a sign reading “Nil by Mouth” will be placed at your bedside.

You may also be asked to have an enema to help clear the bowel before surgery; this will be administered by one of the ward nurses. Take the opportunity to have a shower before surgery, after which you will be provided with a theatre gown to wear.