

Enhanced recovery

Information and advice for patients

Urology

What is Enhanced recovery?

Enhanced recovery is a programme designed to help you recover from surgery quickly and leave hospital sooner, by minimising the effects on your body during surgery and you playing an active part in your recovery. The programme works by:

- You being given information about the risks and benefits of your surgery and what to expect, so you can make a decision about whether to proceed with surgery or not. You will have already been given this information in a separate leaflet.
- You being in the best possible condition for surgery. Any existing health problems should be identified and treated by your GP.
- You having the best possible care during and after surgery to reduce pain and help you get back to normal more quickly; for example being given the most appropriate method of surgery, pain relief, fluids and nutrition.
- You experiencing the best support and rehabilitation after your surgery to help you get back to your normal activities.

It is important that you ask the nurses and doctors looking after you if there is anything you don't understand about your operation or recovery.

Before your operation

Pre-assessment clinic

Before you are admitted to hospital you will be seen in a pre-operative assessment clinic. Here you will see a nurse practitioner who will ask you about your medical history, general health and wellbeing. You will be examined and have routine blood tests taken and may have an electrocardiogram (ECG); this takes a tracing of your heart. This is so we can check that you are in the best possible health.

If you are prescribed Warfarin, aspirin, anti-platelet drugs, the oral contraceptive pill or hormone replacement therapy, you may need to stop these before the procedure; please speak to the surgeon or nurse practitioner in the pre-operative assessment clinic.

What to bring into hospital

Please bring the following items into hospital with you:

- Any hygiene or sanitary products (such as pads, if appropriate)
- Any medicines or tablets you are taking
- Pyjamas or nightdress
- Dressing gown and slippers
- Daywear – tracksuit or comfortable clothes
- Toothbrush and toothpaste

Enhanced recovery

Information and advice for patients

Urology

- Soap and deodorant
- Shaving equipment if appropriate
- A book or magazines
- Spectacles if you need them
- Small amount of change for newspapers, bedside TV or telephone
- Underwear
- Bath towel
- Tissues or disposable wipes
- Bottle of squash
- Walking aids such as a frame, stick, crutches if you need them

You can also bring personal entertainment devices (such as an Ipad) if you wish, but the hospital cannot accept responsibility for the loss of or damage to such items.

Please do not bring:

- Large amounts of money
- Valuables such as jewellery
- A television or radio
- Alcohol
- Flannels or sponges (these are discouraged in hospitals as it is difficult to store them clean and dry between use, increasing the risk of contamination)

Preparing to leave hospital

The plans for your discharge should begin before you come into hospital:

Medication

If you are taking any medication, ensure that you have enough supplies for when you come to hospital and on your return home.

Medical certificate

Please tell the ward staff when you are admitted if you will need a medical certificate for time off work.

Transport home

You will need to make your own travel arrangements home unless you have a medical problem that prevents you from using a car, taxi or public transport. Once you are declared fit to leave hospital, you will be asked to make arrangements to leave as soon as possible.

Enhanced recovery

Information and advice for patients

Urology

Please refer to the 'Aim for' card for your procedure for your expected length of stay, so that you can begin to make these plans before coming in.

General

Your family and friends will need to play an important part in your recovery and will need to assist you in any shopping or household chores that you are unable to do.

Talk to your family, carers and friends to ensure there is a key available to gain access to your home, that there is sufficient food and that people are available to help you until you are settled back in. If it is cold, ask someone to put the heating on for you and ask someone to bring you some warm clothes.

On the day of surgery

Your body needs plenty of nutrients to recover from an operation and although you will not be allowed solid food from 6 hours before your operation, you should continue to drink clear fluids up to 2 hours before surgery. Please do not fast for any longer than recommended as this will not help your recovery.

You will usually be asked to come into hospital on the morning of surgery. Please bring with you any medicines you are taking and show them to the doctor and nurse. You will be shown to an admissions area by a nurse who will note your personal details and take some observations. Please be aware if you are arriving on the day of your surgery you may be admitted to a different pre-operative ward. After your operation you will be admitted to a ward area specific to your needs.

The anaesthetist will visit you before the operation; they will discuss the types of anaesthetic available and will discuss any previous problems you have had with anaesthesia.

After your operation

After your surgery it is important for you follow the daily routine which is outlined in the 'Aim For' card you will be given. It is a good idea to wear your own comfortable clothes after your operation as this can help you stay more active and feel positive about your recovery.

Getting out of bed and walking

The staff will help you get out of bed a few hours after your operation. Depending on the procedure you have had, you will also be encouraged to walk around the ward 4-6 times a day after surgery. Being out of bed and walking regularly helps to improve your lung function and blood circulation and reduces the risk of developing a chest infection or blood clot.

Enhanced recovery

Information and advice for patients

Urology

Pain control

It is important that your pain is controlled so that you can walk about, breathe deeply, eat and drink, feel relaxed and sleep well as these things will help your recovery. Please let the nurses know if you feel your pain is not well controlled.

Sickness

You may feel sick or be sick after your operation as a result of the anaesthetic, other medications or stress. You will be given medication during surgery to reduce this, but if you feel sick following surgery, please tell the nurse who can give you other medication to reduce this. It is important to relieve sickness in order to allow you to feel better so that you can eat and drink normally, as this helps your recovery.

Tubes and drips

During your operation, a tube will be put in your bladder so that we can check that your kidneys are working well and producing urine. This will be removed as soon as possible, usually on the morning after your operation. You will have a fluid drip put in your arm during your operation to make sure you get enough fluid. This should be removed the day after your operation.

Monitoring

Whilst you are in hospital the nursing staff will monitor the following:

- The amount of fluids you have
- How much urine you pass
- What food you eat
- When your bowels first start working (you first poo)
- Your pain
- How many walks you have
- The time you spend out of bed

Please remember to tell us about everything that you eat and drink and when you go to the toilet. You may be encouraged to write some of this information on the charts yourself.

Going home

Our aim is for you to be in your home recovering as soon as possible. It is important that you have arranged for someone to help you once you are at home and that you get plenty of rest to help your body recover.

Symptoms to report

Complications do not happen very often but it is important that you know what to look out

Enhanced recovery

Information and advice for patients

Urology

for. During the first 2 weeks after surgery, if you are worried about any of the symptoms below, please phone the telephone numbers provided on the back of this leaflet. If you cannot contact the people listed, then ring your GP.

Symptoms to report:

- A high temperature (38°C or above)
- Increased redness around the wound
- Throbbing at the area that was operated on
- Bleeding from the wound

Contact details

Ward D30

0121 507 4030

Ward D25

0121 507 4025

Urology Clinical Nurse Specialist

0121 507 5969

Monday – Friday, 9am – 5pm

Urology Surgical Care Practitioner

0121 507 6813

Monday – Friday, 9am – 5pm

Sources of information used in this leaflet

Department of Health, March 2010: 'Delivering enhanced recovery: helping patients to get better sooner after surgery'

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



A Teaching Trust of The University of Birmingham
Incorporating City, Sandwell and Rowley Regis Hospitals
© Sandwell and West Birmingham Hospitals NHS Trust

ML3656
Issue Date: July 2012
Review Date: July 2014