



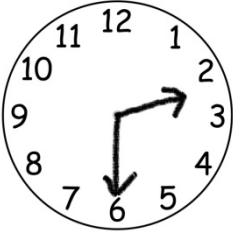
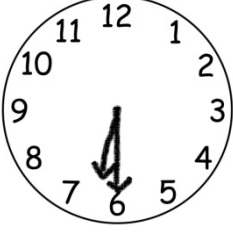



**Royal Berkshire  
NHS Foundation Trust**


# **Instructions to prepare for your eye operation under general anaesthetic (GA) happening before midday**

Information for patients attending  
the Prince Charles Eye Unit,  
Windsor SL4 3DP

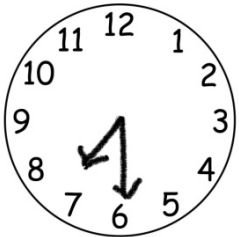
**Date of operation:** \_\_\_\_\_

## On the morning of your operation before going into hospital:

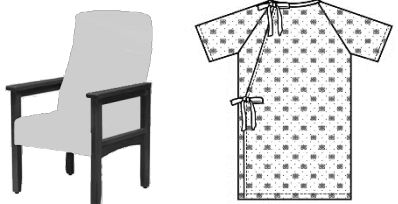


	<ul style="list-style-type: none"><li>• You can eat until 2.30am on the morning of your surgery.</li><li>• Take your medication consisting of _____ _____</li></ul>
 	<ul style="list-style-type: none"><li>• You can have clear fluids until 6.30am on the morning of your surgery.</li><li>• Clear fluids include: water, black tea and black coffee (no sugar or sweeteners), watery squash but not fruit juice.</li><li>• We recommend you do have a drink of water at 6.30am.</li></ul>
	<ul style="list-style-type: none"><li>• Do not suck sweets or chew gum on the day of your operations.</li></ul>
	<ul style="list-style-type: none"><li>• It is a good idea to take a bath or a shower before coming into hospital.</li></ul>
	<ul style="list-style-type: none"><li>• Wear loose, comfortable clothing.</li><li>• Do not bring any jewellery or valuables (wedding rings are ok).</li><li>• Do not wear any make up including nail varnish.</li></ul>

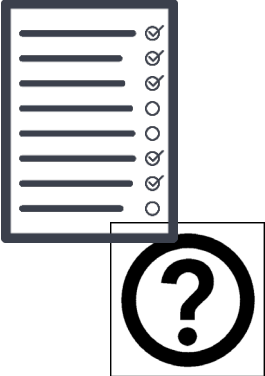

	<ul style="list-style-type: none"> <li>• Remember to pack the following items into a bag ready to bring in:             <ul style="list-style-type: none"> <li>– Hospital information / letters</li> <li>– Tablets in their original packets</li> <li>– Dressing gown and slippers</li> <li>– Eye glasses</li> <li>– Any mobility aids you normally use, e.g. walking sticks.</li> </ul> </li> </ul>
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## Going into hospital


	<ul style="list-style-type: none"> <li>• You need to arrive at the Eye Ward at Prince Charles Eye Unit in King Edward VII Hospital in Windsor by 7.30am.</li> <li>• Don't forget to bring your bag with you!</li> </ul>
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## Before your operation


	<ul style="list-style-type: none"> <li>• On arrival at the ward, you will be shown to a lounge or ward.</li> <li>• If you are having a general anaesthetic, you will be asked to change into a gown.</li> </ul>
	<ul style="list-style-type: none"> <li>• Your blood pressure, pulse and temperature will be checked by a nurse. You may have your blood sugar level measured.</li> </ul>
	<ul style="list-style-type: none"> <li>• Drops will probably be put into your eye before surgery.</li> </ul>




	<ul style="list-style-type: none"><li>• The doctor / surgeon will speak to you again about the operation and will ask you to sign a consent form if you are happy to go ahead with treatment.</li><li>• Feel free to ask any questions or discuss any worries you may have with the surgeon or the nurse on the ward.</li></ul>
	<ul style="list-style-type: none"><li>• Before the operation you may be given a tablet to help you feel relaxed. You will only have this if you and your doctor agree that it is needed.</li></ul>

### Having the operation

	<ul style="list-style-type: none"><li>• You will then be taken to the eye theatre where you will be checked in, and after that given your anaesthetic so that you can have your operation.</li></ul>
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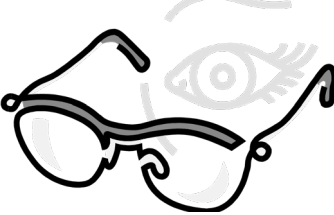
### After the operation

	<ul style="list-style-type: none"><li>• After the operation you will go into a recovery room, and once you are more awake be taken back to the room where you started to let you fully recover. You will be monitored by the recovery staff and the ward nurses.</li></ul>
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	<ul style="list-style-type: none"><li>• The eye doctor may check that you are ok and, if it is not padded, look at your eye.</li><li>• Some problems with the eye and sight are common. In particular, you might experience a scratching feeling – this will improve over the next 3 or 4 weeks.</li><li>• You <u>must not rub your eye</u> while it is recovering from surgery.</li></ul>
	<ul style="list-style-type: none"><li>• When you are recovered enough you will be offered something to eat and drink.</li></ul>
	<ul style="list-style-type: none"><li>• If required, a nurse will bathe your eye and put drops in.</li><li>• A nurse will talk to you about caring for your eye after leaving hospital.</li></ul>

## Going home

	<ul style="list-style-type: none"> <li>• We ask that a responsible adult be available to look after you for at least 24 hours following a general anaesthetic.</li> </ul>
	<ul style="list-style-type: none"> <li>• Arrangements must be made for a private car or taxi to transport you home following your discharge from the ward.</li> </ul>
	<ul style="list-style-type: none"> <li>• You will need to put drops in to your eye 4 times a day until your next clinic appointment with the doctor.</li> </ul>
	<ul style="list-style-type: none"> <li>• You can bath and wash your hair 48-hours after the operation but avoid getting soap or shampoo in your eye for 2 weeks following surgery.</li> </ul>
	<ul style="list-style-type: none"> <li>• The nurse on the Eye Ward will advise when it is appropriate to drive post-op but you may be recommended to wait until your follow-up appointment.</li> </ul>

	<ul style="list-style-type: none"><li>• <b>Following cataract surgery you can do moderate exercises, such as brisk walking after you have recovered from your anaesthetic. For other eye surgery, check with your doctor or nurse before starting to exercise.</b></li><li>• <b>You can restart sports activities 2 weeks after surgery.</b></li></ul>
	<ul style="list-style-type: none"><li>• <b>You may be advised to contact your optician post-op to arrange a follow-up appointment.</b></li></ul>

## Contacting us

- If you have a question about preparing for your operation, or need to change or cancel your appointment, contact CAT 2a on Tel: 01753 636394 or email [rbb-tr.CAT2@nhs.net](mailto:rbb-tr.CAT2@nhs.net)
- Prince Charles Eye Unit Pre-op / ward reception Tel: 01753 636496
- Patient Advice and Liaison Service (PALS) Tel: 0118 322 8338 or email [PALS@royalberkshire.nhs.uk](mailto:PALS@royalberkshire.nhs.uk)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT, May 2022

Review due: May 2024