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Department of Scheduled Admissions

***Information for
patients and carers***

**Level 1, Pink Zone
Aberdeen Royal Infirmary**

What is the Department of Scheduled Admissions?

The Department of Scheduled Admissions (DoSA) is for people coming to hospital on the same day as their planned operation who need to stay in hospital overnight.

We will send you an admission letter with the time you need to arrive at the Unit. Please note that this is not the time of your procedure.

Where is the DoSA Unit?

We are on Level 1, Pink Zone in Aberdeen Royal Infirmary.

Why do I go to the DoSA Unit and not a ward?

You've already been to the pre-operative assessment clinic to make sure you're fit enough for your anaesthetic and surgery.

Coming to the DoSA Unit means you can be admitted and prepared for your surgery without having to wait for a bed in a ward to become available.

What should I do before I come to hospital?

It is important that you are prepared for coming to hospital.

You will need to:

- Order any repeat prescriptions so you have enough when you go home.
- Make sure you understand any instructions about stopping medications before your admission. The pharmacist or the nurse at the pre-operative assessment clinic will have advised you about this.
- Follow advice about when to stop eating and drinking.
- Take any preparations or treatments you've been asked to use before your operation (for example bowel preparations or Preload® drink). If you need any of these the nurse will contact you to arrange collection.
- Prepare for when you leave hospital (for example, make sure you have enough food in the house).

Can I bring a friend or relative with me?

Due to the current Covid-19 guidelines, you must come to hospital alone or with a carer if required.

What do I need to bring with me?

As storage space for your belongings is limited please bring a SMALL bag and please DO NOT bring any valuables into hospital with you.

The checklist below might be useful when packing:

- All medications in their original containers (use the green bag you were given at pre-operative assessment to put them in)
- Wash bag
- Dressing gown
- Well-fitting slippers
- A pair of pyjamas or a nightgown
- Magazine or book to read while waiting
- Your glasses case

If you know you are going to the Intensive Care or High Dependency Units after your operation please bring only:

- Medication
- Wash bag
- A pair of pyjamas or a nightgown

What happens on the day of my operation?

Once you have checked in at the reception, we will ask you to take a seat. We will advise you of the estimated time of your operation.

A healthcare support worker or nurse will complete any routine tests which may include:

- Blood pressure
- Temperature
- Weight
- ECG (heart tracing)
- Blood tests
- If you are female, you may be asked for a urine sample for pregnancy testing.

A nurse will complete your admission paperwork and give you information about what happens before and after your operation.

The anaesthetist will see you and explain about your anaesthetic and the pain relief you may need after your surgery.

The surgeon or the registrar will see you to discuss your procedure, including any risks. If you haven't already done so you will be asked to sign a consent form. Only sign the form if you understand and agree to your surgery.

If you have any questions please ask any of the team. It can be helpful to write down any questions you may have.

Preparing for theatre

The order in which patients are taken to theatre is not confirmed until the day of your operation so you could be waiting for some time before your procedure.

Once it is time to get ready for theatre we will ask you to change into a gown. We also give you special stockings to wear. These stockings help to prevent blood clots forming in your legs while you are less mobile after your surgery.

Please bring a dressing gown with you to wear while you are waiting. For safety reasons, also bring a pair of well-fitting slippers to prevent you slipping on the floor.

Once you are prepared for theatre we will show you to a quiet area where you will wait until it is time to go to theatre.

How long will I spend at the DoSA unit?

To make sure you're ready to go to theatre, the time that you are asked to arrive at hospital may be several hours before your operation. How long you have to wait depends on your position on the list. Staff will let you know how long you are likely to wait.

Your position on the list may change as the day progresses if some procedures take longer than expected or if there is a cancellation (for example due to a patient's ill health on the day of surgery).

Very occasionally, we may have to cancel procedures on the day and send patients home. This is due to unforeseen circumstances.

Going to the operating theatre

Theatre staff will come to DoSA to complete your checklist and escort you through to theatre. You will normally walk to theatre, however we can provide a chair if required.

Your belongings will be locked into the luggage trolley and delivered to the ward by portering staff.

After your operation

When you have had your operation, you will stay in the recovery area before being taken in your bed to your ward.

Once your bed has been confirmed, we will give you a telephone number that you can pass on to your friend or relative.

Contact details

If you have any questions please contact us:

Department of Scheduled Admissions

Aberdeen Royal Infirmary

☎ 01224 559883

For more information about surgery, see our website below or scan the code opposite:

www.nhsgrampian.org/fitsurgery



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Ask for leaflet 1733.**

Feedback from the public helped us to develop this leaflet.
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