

Patient Information Service

Welcome to the pre-assessment clinic – an easy read guide



Southend University Hospital



NHS Foundation Trust

Pre-assessment



Pre-assessment means checking your health to make sure you are ready for your operation.



You should have a check up with your GP before you come to the pre-assessment clinic.



Your GP can help with any health problems so that your operation can go ahead.



If you are unwell your operation could be cancelled.



Before coming to the pre-assessment clinic you will be given a questionnaire.

This will help us plan your treatment.



If you need help to complete the questionnaire you can ask a family member, carer or contact the hospital so we can help you.



When you come to your appointment you must bring a list of all the medicines you take.



We will also need a sample of your wee. In a clean container.

Why you have to come to pre-assessment



To ensure you are fit for your operation.



To help the doctors and nurses know how to look after you in the best way.



To help us plan for your stay in hospital and make reasonable adjustments to your care.



To give you information about your operation.



You can ask lots of questions.



This will help you feel more confident.



We will make sure you want the operation.



To make sure all the right tests are done before you come in.



To make sure you understand what you need to do before you come in. You might have to stop taking some of your medicine.



You will be told what you can eat or drink before your operation.



You can also talk about losing weight if you need to. This will help you get better quicker.



You can also talk about giving up smoking if you need to.



The nurse will arrange for you see other doctors if you need to.



When you arrive we will do some tests. These do not hurt but may take a little while to complete.



We need to do your blood pressure, pulse and oxygen levels and temperature.



We will assess your breathing.



We need to see how tall and heavy you are.



You might also need some other tests, like an X-ray or blood test. The nurse will talk to you about this.



We will also need to know lots of information about you.



If you have a hospital passport and health action plan you should bring it with you. You can also bring a family member, carer or friend if you want to.



We need to know where you live, your birthday and details of people who are important to you.



We need to know about your health and other medical problems you may have.



We need to know more about why you are having the operation.



We need to know about your family's health.



We need to know about your medication.



We need to know about your allergies.



We need to know if you have any loose teeth or crowns.



The nurse can also ask the learning disability nurse to help plan your stay if needed.



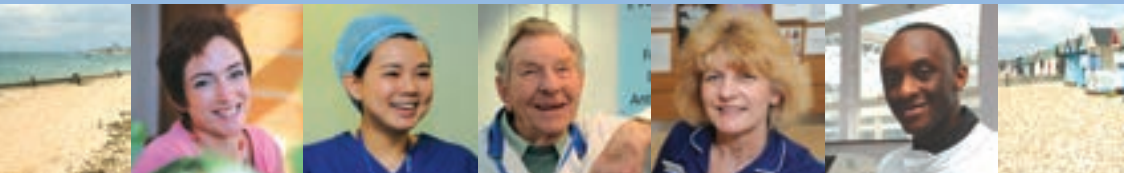
You can also contact the learning disability nurse if you have any questions.



01702 435555 ext 6448.



learning.disabilities@southend.nhs.uk



Patient Information Service

If this leaflet does not answer all of your questions, or if you have any other concerns please contact the learning disabilities nurse specialist on: **01702 435555 ext 6448**.

www.southend.nhs.uk

For a translated, large print or audio tape version of this document please contact:

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Reviewed and revised July 2015
Leaflet due for revision July 2017

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