



University Hospitals Bristol
NHS Foundation Trust

Patient information service
Bristol Heart Institute

Your adult congenital pre-operative assessment appointment



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What is pre-operative assessment?

When you have seen your doctor or surgeon and agreed to have your cardiology procedure or cardiac surgery at the Bristol Heart Institute (BHI), you will be sent an appointment for pre-operative assessment. The purpose of the pre-operative assessment appointment is to ensure you are fully prepared for your hospital admission, treatment and discharge.

Coming to your appointment

You are very welcome to bring a friend or family member with you.

You can eat, drink and take your medication as normal on the day of your pre-operative assessment appointment.

If you have any questions, we recommend you write them down and bring them with you.

Please allow up to three hours for your pre-operative assessment appointment.

What to bring to your pre-operative assessment appointment

- name and phone number of next of kin (including mobile and landline numbers)
- a copy of your most recent medication list, or your boxes of current medications including inhalers and creams. Along with information of any allergies or sensitivities you may have
- yellow INR booklet if you take warfarin.

During your appointment

Your pre-operative assessment appointment will be run by one of the adult congenital heart disease nurse specialists.

During your appointment we will ask you questions about your general health and past medical history, and we will perform a physical examination. We are committed to patients' privacy and dignity, and your appointment will take place in a private consultation room.

We will perform a number of routine investigations including blood tests, height and weight measurements, and an electrocardiogram (ECG) to record your current heart rhythm. You may require an echocardiogram (echo) to assess the structure and function of your heart. We may also arrange for you to have a chest X ray. This will be done on level 2 in the Bristol Royal Infirmary Queen's Building. In some cases, other investigations may be required.

The physical examination and tests are to ensure you are fit for your cardiology procedure or cardiac surgery.

If you need to change or cancel your appointment, please contact our waiting list coordinators on **0117 342 6557** or **0117 342 6558**.

Checks for infection

All patients coming into hospital for elective cardiology and cardiac surgery procedures are screened for methicillin-resistant *Staphylococcus aureus* (MRSA) and methicillin-sensitive *Staphylococcus aureus* (MSSA). This is done by taking a swab from your nostrils and groin. If the result is negative, you will not hear from us. If it is positive, we will contact you to arrange for you to have treatment in the form of nasal ointment and anti-microbial body wash from your GP. This will start five days before you come in and should not affect your planned admission date.

Admission arrangements

The pre-operative assessment nurses will talk to you about arrangements for your admission, and what is going to happen to you when you come into hospital, during your recovery, and your plans for discharge. There will be plenty of time to ask questions. We will also provide you with written information about your surgery or procedure.

You will be given instructions for fasting on the day of admission, and you will be told if you need to stop taking any of your medication before you come in.

Your appointment

Your appointment will take place in the BHI outpatients department (C503).

The BHI is located in Zone C behind the Bristol Royal Infirmary (BRI). It can be accessed by either walking through the BRI or approaching from behind the BRI via Horfield Road.

Transport

If you require hospital transport you will need to arrange this through your GP, as the hospital is no longer able to organise this.

Free bus

The hospital provides a free shuttle bus (HUBS bus) which runs every 15 minutes from Bristol Temple Meads and Cabot Circus to all University Hospitals Bristol sites.

Please see the information leaflet 'How to get to our hospitals' for more information and a timetable. Alternatively visit the hospital website www.uhbristol.nhs.uk for more information.

Parking

There is very limited pay and display parking at University Hospitals Bristol, and very limited on-street parking nearby.

There are four NCP and one Bristol City Council car parks located within walking distance of the Bristol Heart Institute and HUBS transport links. Parking is also widely available in Cabot Circus.

For more information on current pay and display charges and transport options please visit the hospital website.

Contacting the pre-operative assessment team

Please do not hesitate to contact the adult congenital heart disease nurse specialist team if you have any queries about your pre-operative assessment appointment.

The nurse specialists provide a telephone advice line, and aim to respond to queries within 48 hours. Telephone: **0117 342 6599**.

Useful telephone numbers

- Awaiting a cardiology procedure or cardiac surgery?
Contact our cardiology waiting list coordinator:
0117 342 6557 or **0117 342 6558**
- Awaiting a follow up appointment?
Contact the outpatient appointment coordinator:
0117 342 6502

More information

Information about your procedure or surgery can be found on the BHI website: <http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-heart-institute-clinical-services/>.

Notes and queries

Please note that if for any reason you would value a second opinion concerning your diagnosis or treatment, you are entirely within your rights to request this.

The first step would usually be to discuss this with the doctor or other lead clinician who is responsible for your care.

Smoking is the primary cause of preventable illness and premature death. For support in stopping smoking contact **Smokefree Bristol** on **0117 922 2255**.

As well as providing clinical care, our Trust has an important role in research. This allows us to discover new and improved ways of treating patients.

While under our care, you may be invited to take part in research. To find out more please visit:
www.uhbristol.nhs.uk/research-innovation
or call the research and innovation team on
0117 342 0233.

For access to other patient leaflets and information please go to the following address:

www.uhbristol.nhs.uk/patients-and-visitors/information-for-patients/.

Hospital Switchboard: 0117 923 0000



Minicom: 0117 934 9869



www.uhbristol.nhs.uk



For an interpreter or signer please contact the telephone number on your appointment letter.



For this leaflet in large print, audio or PDF format, please email patientleaflets@uhbristol.nhs.uk.

