



Tallaght  
University  
Hospital

Ospidéal  
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Thamhlachta

An Academic Partner of Trinity College Dublin



PATIENT  
INFORMATION  
BOOKLET

# Getting ready to have my operation in hospital

An Easy Read guide for patients getting ready  
to have their operation in hospital

# Getting ready to have my operation in hospital

This booklet will help you get ready to have your operation in hospital. Your carers should read through this booklet with you.

## The Hospital will send you a letter

It is important to read this letter with your carer.

It will have a lot of information about your hospital stay.



## Write some important information here:

Contact phone number:

The date and time you will need to be at the hospital



# Things you may need to bring to the Hospital



**You should only pack one small bag to bring with you to the hospital.**

Here are some of the things you should bring.



You need to bring nightclothes:



Pyjamas



Slippers



Dressing gown

You need to bring comfortable clothes:



Jumper



Trousers



T-shirt

You need to bring underwear:



Men



Women



Socks

You need to bring toiletries that you would use at home including:



Soap/Face-cloth



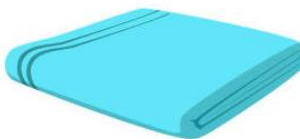
Toothbrush



Toothpaste



Shaving



Towel



Deodorant

You need to bring any aids you use:



Glasses



Hearing Aid



False Teeth



Special Shoes



Frame



Stick

Your medication



The Hospital may ask you to stop taking some medicines before you come in for your stay. It should tell you about this in your letter.

## Bring any medication that you need to hospital

Don't forget to bring medicines like an inhaler that you only need sometimes



## Bring an up-to-date medication list to hospital

This is a list of the medication you take how often you take it and how much you take.

### Know Your Medicines

New Medicine Leaflet Improves Your Safety

An image showing a 'My Medicines' leaflet, a blue banner that says 'Fill it in and keep it with you', and several colorful pills (red, yellow, green, blue, orange).

Working together to improve safety

**ZERO HARM**

## Fill in a 'Health Passport' and bring it to hospital with you.

This tells the Hospital staff important things about you.

Name	My Family Doctor My General Practitioner Phone No.	My Pharmacist My Dispensary Phone No.	Date (fill in at the time)		
The medicines you take regularly are:					
		Other Allergies			
Name of Medicine	The strength	How much you take How often	When	Take it every day Other time	Why take it?
Aspirin	100mg	2 tablets	Twice a day every morning & evening	Yes	To stop heart

## Looking after your things

There will be a locker next to your hospital bed. There is not much room in the locker



# Don't bring anything very valuable to hospital.



Jewellery

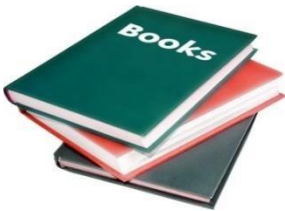


Lots of money



Bank Cards

You can bring things to do like:



Reading



Music



Phone

You need to make sure you keep your things safe

# The day you go into hospital

Most people go into hospital in the morning. You may be going into hospital on the same day as your operation.

Have a bath or a shower the night before or first thing in the morning.



Take off any make up or nail varnish you have on



Please do not use deodorant or talcum powder on any part of your body you are having an operation on



## Food & Drink

You cannot eat or drink for at least six hours before you come to hospital for an operation





## **Read your letter carefully with your carer**

It will tell you about eating and drinking and it may have other advice.



## **Travel & Parking**

Plan your journey to hospital. If you are taking public transport ensure you check Luas/Bus timetables.



## **When you arrive to the reception in the main entrance.**

They will tell you where you need to go.



## **When you get there you will be shown to your bed.**

You may need to get changed into a hospital gown. You will need to have a name band put on your wrist.



## **A nurse will ask you some questions and fill in some forms**

Your carer can help you with the answers.

If you have a health passport, you should show it to the nurse. It will tell them about your allergies and the help you need.

**You may stay one night in the hospital but sometimes you may stay for longer.**

You need to spend a lot of time resting and waiting on the ward.

There are some areas where you cannot use your mobile phones.



You are not allowed to smoke / vape in hospital.

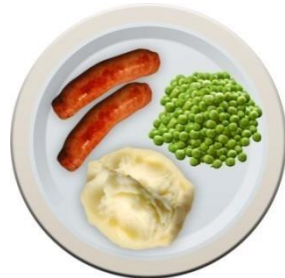
There may be places outside you can smoke.

**You will have a breakfast, lunch and dinner each day unless you are having an operation.**

Tell the nurse if you need help eating and drinking.

**Mealtimes**

Breakfast	8:15am
Mid-Morning Snack:	11am
Lunch:	12:15pm
Afternoon Tea:	3pm
Tea:	5:15pm
Late Evening Snack:	8.30pm



**The Hospital has coffee shops and a shop. There is also an ATM machine.**

You can buy drinks, snacks and magazines there.

# When visiting

## Carers & Visitors

People who care for you can visit more often. They may need to help you to eat, to relax or to communicate. They will be able to help the Hospital staff understand your likes and dislikes.

Wash your hands and use the hand gel when you go in and out of the ward. Your visitors must use it too.

## Lots of different staff work in the Hospital:

The nurses are the people you will see the most.

The nurses on your ward will help you. They will check you are okay.

A doctor will come to see you after your operation to check how well you are. They will tell you about any help they will be giving you.



**Staff Nurse**



**Phlebotomist**



**CNM 2**



**Porter**



**Healthcare Assistants**



**Food Service Assistant**



**Dietitian**



**Physiotherapist**

## Consent

Consent is when you understand about the treatment and agree to have it.

Your treatment may not happen if consent is not agreed.

Sometimes you might need to go to a different part of the Hospital to have a test or treatment, such as a scan or an x-ray.



## Tests/Scans

Sometimes you may need to go to a different part of the Hospital to have a test or treatment, such as a scan or an X-Ray.

If you need to go for a test or a scan, you will be taken by a porter. You will be taken in your bed or in a wheelchair.



## Your feedback

We want to know about your stay in the Hospital. If you are not happy about something please talk to your nurse.

If you don't want to do that then you can speak to one of our team in the Patient Advice & Liaison Service (PALS). It is their job to listen to what you have to say, whether it is good or bad and make sure your voice is heard



Contact Number: 01 414 4709

Service Hours: Monday to Friday 9am-5pm

Email: [PALS@tuh.ie](mailto:PALS@tuh.ie)