

# Your operation

It's OK to ask



Produced by the Patient Liaison Group at  
The Royal College of Surgeons of England



## About this diary

We have produced this diary to help people who are having an operation. We hope that the diary will help you collect your thoughts and ask the questions that, later on, you may wish you had asked. **It is your diary and you can use it however you want to.** There is space to record your thoughts and feelings about your care and operation. You may want to discuss these thoughts with your surgical team, but you don't have to if you would prefer to keep them to yourself.

This diary also includes questions we have suggested, which you may like to ask your surgeon or a member of the surgical team. It is important to ask if you have questions or concerns about your care or your operation.

## About the Patient Liaison Group

We are a group of volunteer patients, carers and surgeons. We believe that your experiences of your surgery are important. Patients and carers know when they have received really good care. However, you can also see where your care could be improved, so please tell us about this so that we can help other patients.



You can do this by filling in and returning the questionnaire in this diary. If you have friends or relatives who are going to have an operation and you think they might like to take part, you can get more forms at [www.rcseng.ac.uk/patients](http://www.rcseng.ac.uk/patients).





## About this diary

This is your diary. You can use it to:

- » record your thoughts and feelings about your operation;
- » discuss your operation with your surgical team;
- » record your progress;
- » get ideas about the questions you may want to ask your surgeon and surgical team; and
- » record your personal information.

This diary is designed for you to complete, but feel free to ask others to help.

## Important information

Surgeon's name	
Hospital (main)	
Hospital (outpatients)	
Hospital (ward)	
My main contact	
GP practice and phone number	
GP's name	



## Before your surgery

### When you are referred to a specialist

- » Can I choose which surgeon I am referred to?
- » How do I find out about different hospitals and surgeons?

### Your first appointment at the hospital

- » Do I actually need an operation, or are there other treatments?
- » If I need an operation, who will tell me what will happen?
- » Who will actually do the operation?
- » Will I need to stay in hospital?
- » Will I always see the same doctor?
- » What can I do to help make sure the operation works?
- » Will you send me a letter to confirm what will happen?
- » How will the operation affect my other medication?
- » Are there any surgical trials I can take part in?

### Your assessment before surgery

- » Who else will be seeing me and why?
- » Who will do my operation?
- » When and where will my operation happen?
- » How long will my operation last?
- » Will I feel any pain? How will any pain be managed?
- » How long will I need to stay in hospital?
- » Is there someone I can speak to if I'm feeling anxious?
- » How will my family be involved in my care?
- » Who can explain any technical words I might hear?





# In hospital

## Coming into hospital

- » Who does what in the surgical team (see note 1 below)?
- » Who can I talk to about my personal needs, such as my disability or faith needs?
- » Who else can I expect to see while I am in hospital?
- » When do I need to stop eating and drinking before my operation?
- » Who can I ask if I have any questions?
- » Who is in charge of my care?
- » Will I meet the anaesthetist before my surgery (see note 2 below)?
- » How much information will I get about my recovery and going home after my operation?

## Your operation and giving consent

- » Who will be seeing me and for what purpose?
- » Can I have someone with me when we talk about giving my consent for the operation?
- » How much information will I get about possible risks?

Note 1: The surgical team is likely to include a surgeon, an anaesthetist and nurses.

Note 2: The Royal College of Anaesthetists' website provides information about anaesthesia for patients and the people who care for them.

Visit [www.rcoa.ac.uk/patientinfo](http://www.rcoa.ac.uk/patientinfo).





## After your operation

### After your operation

- » Did my operation go as planned?
- » How do I get pain relief?
- » When can I see any visitors?
- » When can I eat or drink?
- » How long will I need to stay in hospital?
- » What will be happening while I am in hospital?
- » Which other members of the surgical team will I be seeing while I am in hospital?

### Leaving hospital and going home

- » What can I do to speed up my recovery?
- » What medication do I need to take and what does it do?
- » What advice will I get about eating and drinking?
- » What support will I receive when I get home?
- » Can I be given phone numbers for the surgical team in case I need to contact them when I get home?
- » Can I get pain relief and dressings to take home, if I need them?
- » What do I need to know before leaving hospital?
- » What information will my GP get about my operation?
- » How should I make an appointment with my GP?





## At home and follow-up

### At home

- » What can I expect during my recovery?
- » What medical support will I receive while I recover?
- » Who do I contact if I have any problems with my recovery?
- » How can my family help with my recovery?
- » What do I need to know about my condition?

### Follow-up appointments with the surgeon or surgical team

- » Will I need to see the surgeon again for a follow-up appointment?
- » Who will I see at follow-up appointments?
- » How often will I need to visit hospital during my recovery?
- » What community nursing support can I expect?
- » How long will it be before I am feeling better?





# About me

The surgical team may ask you questions about yourself. You can record your personal information on this page.

## My medication

Name	Dose	When I take it

## My disability needs

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## My faith needs

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## Other useful information

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Our **Get Well Soon** leaflets provide information to help patients make a speedy recovery following a range of operations. Please visit [www.rcseng.ac.uk/patients](http://www.rcseng.ac.uk/patients) for more information.

We would welcome your comments about this diary.

Please contact:

Patient Liaison Group

Royal College of Surgeons

35–43 Lincoln's Inn Fields, London WC2A 3PE

Email: [plg@rcseng.ac.uk](mailto:plg@rcseng.ac.uk)

Phone: 02078696049

Website: [www.rcseng.ac.uk/patients](http://www.rcseng.ac.uk/patients)

We are sorry that we are unable to respond to individual concerns or complaints. If you are unhappy with the care or treatment you have received, the NHS Choices website provides information about the complaints process. Visit [www.nhs.co.uk](http://www.nhs.co.uk).



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