

 HMT
HOSPITALS | SANCTA MARIA



INPATIENT INFORMATION

Welcome to Sancta Maria Hospital

Thank you for choosing Sancta Maria Hospital for your procedure.

The Sancta Maria team aim to make your stay with us as comfortable as possible and are more than happy to assist you with any queries you may have.

We understand that you may feel anxious prior to your admission but knowing what to expect can help. This leaflet should provide you with some of the relevant information you need about what to expect regarding your admission.

Should you have any questions, no matter how big or small, please do not hesitate to get in touch with a member of our team on 01792 479040 who will be happy to help.



Pre - Admission

Your admission letter will give you the date and time of your admission, your Consultant's name and any specific details relating to your procedure. It will also detail the procedure codes, which you may need for your insurance provider.

Some procedures may require an attendance at our pre-admission clinic prior to your stay.

Along with this leaflet and your admission letter you will have received a pre-admission health questionnaire. Please ensure that you complete this form as accurately as possible and return it to us in the stamped addressed envelope, prior to your surgery.

It is vital that you return this form to us as early as possible as the information you provide may affect whether or not you need to attend pre-admission. Please ensure you complete the form as fully as possible.



Prior To Admission

Accompanying this leaflet you will have received a letter fully detailing the procedure you are having.

If you have a disability or think you may need some additional support during your admission, or stay, at Sancta Maria please contact the reception team know so they can arrange this for you.

If you are having a general anaesthetic you will have been informed, either in your admission letter or during your pre-assessment, that you will need to fast prior to your admission. If this is the case it is very important that you do not eat or drink anything including chewing gum, if you do it may cause delay or even the cancellation of your procedure, if you are having a local anaesthetic you may not have to fast, please see your admission letter for advice.

It is important that you do not chew chewing gum during this time.

You should also remove any nail varnish, nail extensions, piercings and make up prior to your arrival at the hospital.



Your Stay

Every patient is different and your stay in Sancta Maria will depend upon your treatment or operation. Your appointment letter will provide you with information about your admission including your admission time. Please be aware that your admission time is not always the time of your treatment and there may be a wait between admission and treatment. It's a good idea to bring a book, some music or a laptop to keep yourself occupied.

Please bring the following for your admission:

- Dressing Gown
- Night Clothes
- Underwear
- Slippers
- Hairbrush or Comb
- Reading Glasses
- Any medication you are currently taking
(including self-prescribed medication)
- Books/Magazines/Music/Laptop
- Toiletries - Your room will have shampoo, conditioner and soap available but there may be other toiletries, such as toothbrush, toothpaste, razors and shaving foam that you might like to bring
- If you wear contact lenses please ensure you bring the lens case, solution and glasses with you

If you do forget anything just let one of your nurses know and we will do our best to obtain these items for you.

It is not possible for other people to stay overnight in your room. There is a list of local Bed & Breakfast accommodation available at reception.

Arrival At The Hospital

When you arrive at the hospital please check in with us at the reception desk. The receptionist will let the nursing team know that you have arrived and a member of the team will come to the seating area to accompany you to your room. One of the nurses will take some details from you and undertake some observations. Our nurses follow a detailed care pathway and you will be asked to confirm your details prior to your procedure.

If you have experienced any change in your condition or circumstances since you completed your health questionnaire, please let the nurses know as soon as possible.

Once you have settled in to your room you will be given a theatre gown to wear. If you've brought your own dressing gown and slippers you'll be able to wear these too.

Your Consultant Surgeon or Anaesthetist will come to see you prior to your surgery. They will discuss with you the details of your procedure and ask you to sign a consent form.

When the Consultants and theatre team are ready one of the nursing team will accompany you to theatre where you will meet your anaesthetic team.

Following your Procedure

You will be woken up in Theatre by your Anaesthetist and recovery team who will ensure that you are comfortable. You will then be taken back to your room, to recover, by a nurse and hospital porter.

The nurses are on hand at all times and will visit you, as required. If there is anything at all that you do require once you are in your room, please don't hesitate to use the nurse call button.

While Sancta Maria Hospital is fully committed to the provision of the highest standards of clinical care, from time to time a patient may require admission to an NHS facility which may be as a result of unforeseen illness or complications of treatment.

Leaving the Hospital

Once you are ready to go home you will be given a discharge advice sheet. This will include details of any medication you may have been prescribed and, if required, details of your follow-up appointment. Your nurses will have frequent discussions with your Consultant ensuring that every patient has an comprehensive discharge plan that is tailored to your specific needs.

We will endeavour to have all hospital administration completed for a 10 am departure. However, every patient is different and, on occasion, there may be a deviation from your proposed discharge time. If this happens we will ensure that you are informed at the earliest opportunity. We would advise that a friend or family member is available to drive you home and stay with you for at least 24 hours.

Once you get home you will need to follow your discharge instructions carefully and ensure sure that you take any medication prescribed by your Consultant.

Should you encounter any problems or have any questions or concerns please contact our nursing team on 01792 479058. They will be able to contact your Consultant or Anaesthetist if necessary.

If you have any queries or questions please do not hesitate to contact us on 01792 479040.

How To Find Us

The hospital is two miles west of the city centre and central railway station, in the Uplands area of Swansea, behind St James' Church on Walter Road.

There is parking at the front of the building and access to the main reception area is via a stepped entrance. Patients and visitors who find difficulty with the main steps may use the entrance at the rear of the hospital.



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