



Northumbria Healthcare
NHS Foundation Trust

Your journey through theatre

A step by step guide of what to expect in
the theatre environment at Wansbeck
General Hospital

Issued by Northumbria Healthcare NHS Foundation Trust

building a caring future

HOSPITAL | COMMUNITY | HOME

www.northumbria.nhs.uk

Step one

You will receive a letter offering you an appointment and this will contain the time you must arrive at hospital. Please note that this is not your procedure time, but an allotted time for the nursing staff to carry out a surgical checklist for theatre, this involves carrying out observations, such as your blood pressure and heart rate, and asking questions about your health and medical history. If you are having a day case surgery you will be discharged home the same day, if you are an in-patient you will need to bring an overnight bag with you.

Step two

After the nurse carries out the surgical checklist, the surgeon and anaesthetist will come and speak to you about your procedure.

If you have any questions about your procedure you can ask the surgeon, the anaesthetist will discuss different options of anaesthetic for you, depending on the procedure you are having. It is important to note that you may wait a while to be taken to theatre after you are checked in, the nature of theatre is unpredictable; therefore, we cannot give you a specific time for your procedure. We advise you bring something that will keep you entertained whilst you wait - like a book.

Step three

Once the theatre is ready for you, a member of staff will take you to the recovery reception, either on a hospital bed or walking along depending on your procedure. Here you will meet theatre staff who will carry out the second stage of the surgical checklist; you will be asked the same questions as earlier to ensure all of your details are correct.

Depending on what anaesthetic you are having, you may go into the block room before the anaesthetic room, where the anaesthetist will perform a nerve block. A nerve block is carried out to numb the area where your procedure will be carried out, this can last a number of hours and is not appropriate for all procedures.

Once in the anaesthetic room you will see the theatre team setting up for your procedure. If you are having a spinal injection, this will be given at this stage. A spinal injection is a type of anaesthetic that numbs the lower body and lasts a few hours. If you are having a general anaesthetic, this is where you will go to sleep.

Step four

Following your anaesthetic, the surgeon and surgical assistant will prepare you for your procedure, this involves positioning you on the bed and your dignity will be maintained at all times. The surgical team will then begin your procedure.

The surgical team will begin your procedure. If you are awake during your procedure you will be offered music to listen to, you will hear some noises from the theatre and surgical equipment. The anaesthetic team will be by your side at all times, they will offer support throughout the procedure.

Step five

If you have had a local anaesthetic you will go back to the surgical day unit following your procedure, where you will be discharged home. If you have had sedation or a general anaesthetic you will be taken into the recovery room, as you will likely feel a bit sleepy for a period of time.

Once you are more awake and comfortable if you have had a day case procedure you will be taken to the surgical day unit, where you will be given something to eat and drink before the nurse gets you ready for discharge. If you are an in-patient, you will go to the surgical ward where you will stay until the surgical team discharge you.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

www.northumbria.nhs.uk



PIN 971/V1

Review date: April 2024

© This material is the copyright of the Northumbria Healthcare NHS Foundation Trust.