University College Hospital at Westmoreland Street

Thoracic surgery
Information and advice for patients, relatives and carers
If you would like this document in another language or format, or require the services of an interpreter, contact us on 020 3456 7898. We will do our best to meet your needs.

Contents

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Introduction</td>
<td>3</td>
</tr>
<tr>
<td>2.</td>
<td>What should I bring to hospital with me?</td>
<td>3</td>
</tr>
<tr>
<td>3.</td>
<td>Arriving at hospital</td>
<td>3</td>
</tr>
<tr>
<td>4.</td>
<td>Consent</td>
<td>5</td>
</tr>
<tr>
<td>5.</td>
<td>Consent for research</td>
<td>5</td>
</tr>
<tr>
<td>6.</td>
<td>The team looking after you</td>
<td>5</td>
</tr>
<tr>
<td>7.</td>
<td>On the day of your operation</td>
<td>6</td>
</tr>
<tr>
<td>8.</td>
<td>What happens in Theatre?</td>
<td>6</td>
</tr>
<tr>
<td>9.</td>
<td>What will happen after my operation?</td>
<td>7</td>
</tr>
<tr>
<td>10.</td>
<td>Contact details</td>
<td>8</td>
</tr>
<tr>
<td>11.</td>
<td>How to find us</td>
<td>11</td>
</tr>
</tbody>
</table>
1. Introduction
You have been referred by your chest Doctor for an operation on your chest or your lungs, or both. Your operation will be carried out at University College Hospital at Westmoreland Street, part of the University College London Hospitals NHS Foundation Trust (UCLH).

This leaflet provides information about what to expect during your operation and your hospital stay. In addition to this leaflet, you will receive written information from your Doctor or Nurse about the type of operation you are having.

2. What should I bring with me to hospital?
• Dressing gown, nightdress or pyjamas
• Slippers
• Toilet bag and toiletries
• All medication that you normally take including inhalers. **If you are taking anticoagulants** such as warfarin, dabigatran (Pradaxa®), rivaroxaban (Xarelto®) or apixaban (Eliquis®) please check with the doctor or surgeon if they need to be stopped and for how long. The exact duration to stop may differ depending on the reason you are taking them and in some instances we may need to give you alternative to take before surgery.
• Loose change (for newspapers, etc.)
• Mobile phone.

Please don’t bring jewellery, valuables or large amounts of money.

On the day of your operation, you will be asked to put on a hospital gown. During your recovery you may prefer to wear your own comfortable clothes, such as lounge wear or pyjamas. Slippers are useful and a dressing gown for moving around the ward area.
3. Arriving at hospital
We will tell you if you are coming on Pathway A or Pathway C.

If you are on Pathway A, you will be admitted the day **before** your surgery.

If you are on Pathway C, you will be admitted on the **same day** as your surgery.

Occasionally, if emergency cases come into hospital or scheduled surgery is prolonged, your surgery may be cancelled at short notice, and re-scheduled.

When you arrive at University College Hospital at Westmoreland Street, please go to the main reception and ask which floor you need to go to. When you arrive on your floor you will be met by the Nurse who is looking after you.

You may have to wait for a short while for your bed to be prepared.

Both a Nurse and Doctor will then see you. The Nurse will ask you for information about your health and begin planning for your discharge home, as well as taking your blood pressure and pulse rate.

The Doctor will record your medical history, examine you and explain the procedure you are going to have. If you have any concerns, this is a good opportunity to ask questions.
You may also have further tests such as:

- Chest X-ray
- Blood tests
- ECG (Electrocardiogram – a simple and useful test that records the heart’s electrical activity).
- Breathing tests
- MRSA (a simple nose swab to test for Methicillin-Resistant Staphylococcus Aureus – a type of bacterial infection that is resistant to a number of widely used antibiotics). Screening helps reduce the chance of patients developing an MRSA infection or passing an infection on to other patients.

4. Consent
We want you to play a full part in all of the decisions about your care and the procedure. If you decide to go ahead with the procedure, by law we must ask you for your consent and for you to sign a consent form. This confirms that you agree to have the thoracic surgery and understand what this means for you.

When you signed your consent form, your Surgeon will already have discussed with you the benefits and risks of surgery (taking into account your general health). However, you may want to ask the Anaesthetist similar questions.

5. Consent for research
Your team plays its part in the search for a cure for many types of cancer. We may tell you about this and ask whether you would like to contribute to our research by allowing us to test tumour material we recover from you. If you agree, we will ask you to sign a second consent form allowing us to do this.
6. The team looking after you

The Thoracic Clinical Nurse Specialist (CNS) will support you and liaise with the Doctors and Nurses at University College Hospital at Westmoreland Street and at your local hospital.

The surgical team consists of a Consultant, Registrar and Senior House Officer. The Consultant is responsible for your overall surgical care while you are an inpatient.

The Physiotherapists will encourage you to breathe deeply, cough, move around and exercise your arms and shoulders (especially on your operation side). In the days following surgery, the Physiotherapist will encourage you to sit in a chair by the bed and, later, to walk around the ward. This can help prevent a chest infection and clots in the leg.

The Anaesthetist will come and see you before your operation and ask questions about your health. This is an opportunity for you to ask any questions you have about your operation, and also about the anaesthetic and pain relief available after the operation.

The Ward Administrator will look after your notes during your stay and will book your follow-up appointment.

There are many other members of the team you may also meet, such as:

- Dietitian - who can help if you have problems with your nutrition
- Occupational Therapist - if you need help with daily activities and equipment provision
- Pain Nurse - if you need further medication
- Pharmacist - they will monitor your medication
- Religious representatives - if you would like someone to visit you.
7. On the day of your operation
We ask you not to eat or drink for at least six hours before your surgery.

You will be asked to have a shower and put on a hospital gown. If you need any help, please ask one of the Nurses to assist you.

Your belongings can be stored and will be returned to you when you are back on the ward.

Please note: You may not always return to the same bed or the same ward.

8. What happens in Theatre?
When it is time for your operation, a Theatre Assistant and Nurse will accompany you to Theatre. Your name and details will be checked.

If you’d like a relative or a friend to accompany you then they may do so.

Anaesthetic room: In the anaesthetic room you will have a small needle inserted into the back of your hand by the anaesthetist. This is how the anaesthetic drugs are given.

You will also have sticky pads placed on your chest/back and you will be attached to a cardiac monitor by the anaesthetic Nurse or Operating Department Practitioner to monitor you when you are asleep.

Operating Theatre: You will be asleep before being taken to the Theatre. The length of time of your operation depends on the type of operation you are having.

9. What will happen after my operation?
Depending on the type of surgery you have had, you may go back to the ward after your operation or you may spend a night in the
Intensive Care or High Dependency Unit. This is normal procedure for many types of lung surgery.

Depending on the type of surgery you have, you may wake up with chest drains. You may also have a catheter in your bladder.

These will be observed by the Nurses and will be removed as soon as it is safe to do so.

Depending on the type of surgery you have, a Physiotherapist will come to review you on the first day after your operation.

You will be encouraged to sit in a chair by the bed and to start walking around the ward as much as you can. You will also be encouraged to complete your breathing and shoulder exercises independently.

After your operation, you will need to stay in hospital. The length of your stay depends on the type of surgery but it is usually a few days. You will be given advice about post-operative recovery before you are discharged from hospital. If this is your local hospital you will have your outpatients appointment here. If not, you will be followed up by the chest Doctor in your local hospital, unless told otherwise.

10. Contact details

University College Hospital at Westmoreland Street
16 -18 Westmoreland Street, London W1G 8PH

If you would like any further information about this procedure or if any problems arise please telephone any of these numbers:

Direct line (Clinical Nurse Specialist):
020 3456 6053 or 020 3456 6047

Bleep: 6993

Extension: 66053 or 66047

University College Hospital at Westmoreland Street Switchboard:
020 3456 7898
Thoracic Service Manager:
07939 069134
020 345 6038

Secretaries:
Medical PA to Mr Lawrence and Mr Panagiotopoulos:
020 345 6059

Medical PA to Mr Hayward & Mr Kolvekar:
020 345 6046

Fax: 020 3456 6062
CNS email: CNSThoracicSurgery@uclh.nhs.uk
Website: www.uclh.nhs.uk

Patient Advice and Liaison Service (PALS)
PALS is an easy to access, confidential service designed to assist patients, relatives and carers. If you have a problem that you have been unable to resolve then PALS can help you.
PALS is open from 10:00 til16:00, Monday to Friday.
Telephone: 020 3447 3042
Email: PALS@uclh.nhs.uk
9. How to find us

Public transport to University College Hospital at Westmoreland Street

By bus:
Portland Place - no's 88, C2
Marylebone Road - no's 18, 27, 30
Oxford Street (Bond Street Station) - no's 7, 8, 10, 25, 55, 73, 98, 176

By Tube:
Bond Street (Central / Jubilee Lines)
Regents Park (Bakerloo Line)
Baker Street (Bakerloo / Circle / Hammersmith & City / Jubilee / Metropolitan Lines)

University College Hospital at Westmoreland Street
The old Heart Hospital
16-18 Westmoreland St
London
W1G 8PH

Telephone: 020 3456 7898
Space for notes and questions