



**University
Hospitals Sussex**
NHS Foundation Trust

Your blood pressure and planned operation

Pre-op assessment

Patient information

What is this information about?

This information is about why it is important that your blood pressure (BP) is at a safe level which means you can have your planned operation. It tells you what to do if your blood pressure is too high and your operation is postponed.

Why have I been given this information?

You have been given this information because you are due to have an operation. You have had your BP measured and it is too high. This means you may not be able to have your operation until your BP is lower because it would not be safe.

Why did I have my BP measured?

It is important to have a BP test before you have an operation because your blood pressure can affect how your body copes with the operation and how well you recover afterwards.

How does my BP affect me during an operation and recovery?

If your blood pressure is too high, it can put stress on your heart and other organs during your operation. This can increase the risk of complications.

If it is too low, it can mean you do not get enough blood flow and oxygen supply to your organs.

Having your blood pressure at the right level helps to make sure your body can cope with your operation and can help your operation go more smoothly.

What level was my BP when it was tested recently?

Do ask your nurse or Healthcare Assistant what your BP was and write it down here. Ask for help with this if you need it.

My BP is:

Systolic:

Diastolic:

What level should my BP be at to allow my operation to be done safely?

If your BP is within 160/95 to 180/110 it is safe to go ahead with your operation.

Be aware

We recommend you get your BP even lower than this before your operation. This will mean you have less chance of getting complications after your operation such as cardiovascular events. It will also improve your general health and wellbeing.

What level of BP means that my operation cannot go ahead because it would not be safe?

If your BP is above 180/110 mmHg your operation cannot go ahead. It will have to be postponed until your BP is within the safe range.

What should I do if my blood pressure is too high for me to have my operation?

Do make an appointment to see your GP. They will measure your BP again and investigate what might be making it high.

They may give you:

- medicines to lower your BP
- lifestyle advice which, if you follow it, will help to lower your BP.

You can find out more about high blood pressure (hypertension); what causes it and how you can lower it in this High blood pressure information from the NHS website <https://www.nhs.uk>

If my BP is at a safe level, what can I do to help make sure it doesn't go up before my operation?

You can help maintain a healthy BP before your operation by:

- having a balanced diet with lots of fruits, vegetables, whole grains and lean proteins like chicken or tofu; limiting how much salt (sodium), saturated fats, and processed foods you eat
- getting regular exercise
- trying to avoid getting stressed or finding ways to manage stress
- avoiding drinking too much alcohol
- reducing or stopping smoking.

You can find more information about getting fit so that you are prepared for your operation and recover better afterwards on this web page from The Royal College of Anaesthetists:

<https://rcoa.ac.uk/patients/patient-information-resources/preparing-surgery-fitter-better-sooner>

What will happen if my blood pressure is not at a safe level, but my operation cannot be delayed because I need it urgently?

The team doing your operation may decide that it cannot be delayed because it's important for your health that you have it urgently.

If so, they will make your operation as safe as possible by:

- giving you medicines
- using a different anaesthetic
- checking your vital signs more often. This is your blood pressure; how fast your heart is beating; how much oxygen you are getting as you breathe; and other things that show how your body is coping with the operation
- asking for advice from other specialists.

Should I continue to check my BP between now and when I am due to have my operation?

Yes. Do get your BP measured often. You can do this yourself at home or ask a family member or carer to help you. You can also get your BP checked at a pharmacy or GP surgery.

Why is it important to have my BP checked between now and when I am due to have my operation?

A single high BP reading does not always mean you have high blood pressure. Many things can affect your BP in a day such as:

- the temperature
- when you last ate
- if you are feeling stressed
- medicines you have taken.

Should I write down any BP readings that I have done?

Yes. Write down any BP readings, and your heart rate (or pulse) if you know it, using the Blood Pressure Diary at the end of this information. Use the 'notes' area to write if you think anything may have made your BP higher or lower than usual when you had your BP measured.

What should I do with these BP readings?

Do bring these readings with you on the day that you are due to have your operation.

This will help the anaesthetist decide if it is safe for you to have your operation.

What should I do if I have started new medications after I had my pre-operative assessment appointment?

Do ask for advice from your preoperative team.

Some blood pressure medications may still need to be stopped 24 hours before your operation.

Who can I contact if I have any questions about my BP and my planned operation after I have read this information?

Please contact your pre-op team:

Pre-operative team opening times Monday - Friday 0700 - 1700
(Answer machine available)

Please have your NHS or Hospital number available during the call

St Richards Hospital **01243 788122 Ext. 31920**

Princess Royal Hospital **01444 441881 Ext. 65963**

Worthing Hospital **01903 205111 Ext. 85441**

My blood pressure diary:

Date	Time	Systolic (First top number)	Dyastolic (Second bottom number)	Heart rate (pulse)	Notes

St Richard's Hospital
Spitalfield Lane, Chichester,
West Sussex PO19 6SE

Southlands Hospital
Upper Shoreham Road, Shoreham-by-Sea
West Sussex BN43 6QT

www.uhsussex.nhs.uk
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