

Your admission and hospital stay

Where will I stay during admission?

You will stay on **Ward A/B 9**
Neurosurgical Ward

Contact details

Visiting times: 10 am to 8 pm

Ward A/B9

01273 696955 Ext. 64357/67199

Overnight Recovery

01273 696955 Ext. 62251/63708

What complications should I look out for?

Pain

Let the nurses know if you need PRN pain relief.

Constipation

This can occur due to reduce mobility and side effect from medication. We encourage you to increase fluid intake and eat high fibre diet.

Chest infection

Prioritize deep breathing and coughing exercises, mobilize early by sitting up and walking as soon as possible.

What do I need to know about my discharge?

Before discharge, please consider the following:

- Are you aware of the expected length of stay?
- Have you planned help at home?
- Have you arranged transport home?
- Please note that Hospital transport may not be readily available.

On the day of discharge:

- You may be asked to wait in the discharge lounge to be collected
- We will aim for discharge to take place before lunch time.

Instructions about:

- Dressings
- Follow-up care
- Any outpatient appointments.

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

Ref number: 799.5

Publication date: 03/2026

Review date: 03/2029

© University Hospitals Sussex NHS Foundation Trust Disclaimer:
The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.



Welcome to Neuro Sciences and Spinal Services Pre-assessment Clinic

Telephone:
01273 696955 Ext. 68030

What should I tell the team before admission?

Please inform us before your admission if:

- You have been unwell with a cold, flu, covid or any recent infection
- You have been seen by any other doctor with a new illness
- There have been changes to any existing medical condition
- You have been prescribed any new medication.
- If your symptoms have improved or worsened.
- If you decide that you no longer to proceed with surgery.

Are there things I should do before surgery?

Yes, please follow this advice:

- Avoid vaccinations 1 week before surgery
- Shower and wash your hair night before or on the day of surgery
- Do not apply lotion, cream, make-up
- Remove nail varnish.
- Do not smoke or drink alcohol for 2 days before your operation.

Do I need to stop medications?

- ☐ You do not need to stop any of your medication.
- ☐ You need to stop the following medication.

What do I need to know about fasting (nil by mouth)

You must follow these fasting instructions carefully:

- Do not eat food for 6 hours before admission (including chewing gum or sweets)
- You may drink water only.
☐ Until 6am ☐ sip til send (170mls/hr)

What should I bring with me?

Please bring:

- All your medication in the original packaging.
- Non-slip footwear with a back
- Clothing and toiletries.

Please note leave valuables at home as storage space on the ward is limited.

Can my surgery be cancelled?

Due to bed constraints and unexpected events, please be aware that the surgery may be cancelled on the day of admission.

Neurosurgery contact information

Switchboard **01273 696955**

Pre-Assessment **Ext. 68037**

Booking team **Ext. 63862**

Reception **Ext. 68030**

Email – for pre-assessment queries only
uhsussex.pre-assessment.nurses.neuro@nhs.net