Going to the Hospital

Getting my tummy muscle fixed

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Muscles help to keep your body strong.

A muscle in your tummy is not strong.

Your doctor wants you to have an operation to make your tummy muscle strong.

On______________, you will go to the hospital

Your staff will go with you.

You will be back home at night time.
You can not have anything to eat or drink in the morning.

The nurse will tell you when you can have something to eat and drink.

You will get a taxi to the hospital.

The taxi will pick you up at 8 o’clock in the morning.

You will have your own bed at the hospital.

The nurse will tell you when your bed is ready.
Getting ready for my operation

You can wait in bed until it is time for your operation.

You can wear your own pyjamas or a special gown

The nurse might give you socks to put on.

The nurse will put a needle in your hand. This is to give you medicine.

You will get medicine to make you sleep

The nurse will wake you up when your operation is finished.
After my operation

The nurse will wake you up when the operation is finished.

You might feel sick

You might feel tired

Your tummy might feel sore

This is ok.

The nurse will give you something to eat and drink.
Going home from the hospital

When you have had something to eat and drink, you can go home.

Your staff will take you home in a taxi.

Your tummy might feel sore for a while.

You can take tablets if you feel sore.

You might be sore when you bend down.

Your might need help to put on your socks and shoes.

This information has been rated by NHS Fife, Good Information Fife Team.