

Having an Operation

Pre-Admission Clinic
For Day of Surgery Admissions

DOSA

GYNAECOLOGY

A decorative graphic of a medical card with the word "GYNAECOLOGY" at the top. The card features various geometric shapes, including squares, circles, and semi-circles, arranged in patterns that resemble a grid or a data table. The shapes are in shades of blue and white, creating a modern, clean aesthetic.

Admission Information for Surgery

Please come to the admissions desk at the main entrance of King Edward Memorial Hospital on _____ at _____ am/pm.

IMPORTANT: Please telephone (08) 9340 1459 between 5.00pm and 6.00pm the evening before your surgery to confirm your arrival time.

If your surgery is on a Monday, you will need to call on the Friday before your surgery between 5.00pm and 6.00pm.

If you have diabetes please do not drink the pre-load carbohydrate rich drinks. You may drink the clear fluids as advised.

Surgery preparation and fasting instructions

Day before surgery (either morning or afternoon surgery).

- You may eat a normal diet.
- Mix two sachets of your pre-load carbohydrate drink with 800ml of water. Drink half (400ml) at 4.00pm and the other half (400ml) at 8.00pm.

Day of surgery

If your surgery is in the **MORNING**:

- **Do not eat** after midnight the night before surgery (including chewing gum and lollies).
- You may have clear fluids* only from midnight until 6.00am on the day of your surgery.
- Mix one sachet of pre-load carbohydrate drink with 400ml of water and drink between 5.00am and 6.00am on the day of your surgery.
- From 6.00am on the day of your surgery you must have **NIL BY MOUTH** (no food or drink).

*Clear fluids are water, clear fruit juice (no pulp) cordial, black tea and coffee (no milk).

If your surgery is in the **AFTERNOON**:

- You may have a light breakfast (tea and toast) at 6.00am on the day of your surgery.
- You may have clear fluids only from 7.00am to 11.00am on the day of your surgery.
- Mix one sachet of pre-load carbohydrate drink with 400ml of water and drink between 10.00am and 11.00am.
- From 11.00am on the day of your surgery you must have **NIL BY MOUTH** (no food or drink).

*Clear fluids are water, clear fruit juice (no pulp) cordial, black tea and coffee (no milk).

Other preparation on the day of your surgery:

- You should continue your regular medications unless you have been told otherwise. Please remember to bring your medications with you to hospital.
- Try not to smoke for at least 24 hours before your admission.
- Shower on the morning of your operation. **Do not** use talcum powder.
- Remove all nail polish and jewellery.

Special instructions

- Do not shave, wax or use any hair removal creams for three days before your surgery.
- Please have your blood tests at a PathWest laboratory on:

• Anticoagulation / Medication advice: _____

• Other: _____

Admission for Surgery with Bowel Preparation

Please come to the admissions desk at the main entrance of King Edward

Memorial Hospital on _____ at _____ am/pm

IMPORTANT: Please telephone on (08) 9340 1459 between 5.00pm and 6.00pm the evening before your surgery to confirm your arrival time. |If your surgery is on a Monday, you will need to call on the Friday before your surgery between 5.00pm and 6.00pm.

- Start the low residue diet you have been given on _____
- Following a low residue breakfast, please **DO NOT EAT** (including chewing gum or lollies) after _____
- You may have clear fluids* only from _____
- Mix two sachet of pre-load carbohydrate drink with 800ml of water and drink half (400ml) at 4pm and the other half (400ml) at 8.00am on _____
- Mix one sachet of pre-load carbohydrate drink with 400ml of water. Drink between _____ on _____

From _____ you must have **NIL BY MOUTH** (no food or drink).

*Clear fluids are water, clear fruit juice (no pulp) cordial, black tea and coffee (no milk).

Other preparation on the day of your surgery:

- You should continue any of your regular medications, unless you have been told otherwise. Please remember to bring your medications with you to hospital.
- Try not to smoke for at least 24 hours before your admission.
- Shower on the morning of your operation. **DO NOT** use talcum powder.
- Remove all nail polish and jewellery.
- Do not shave, wax or use any hair removal creams for three days before to your surgery.

Special Instructions

- Bowel preparation: On _____ morning dissolve a sachet of Pico Prep in 250ml of warm water and refrigerate.
- Drink at _____ then follow with a further glass of water. Continue drinking a glass of clear fluids per hour until bedtime.
- Please have your blood tests at a PathWest laboratory on:

- Anticoagulation / Medication advice: _____
- Other: _____

Admission to hospital

What to bring with you

- Medicare and/or private healthcare insurance details
- Sleepwear and/or casual clothes and slippers
- Pen and paper
- Sanitary pads and toiletries
- Any aids you may use i.e. walking sticks or spectacles
- Medications (in their original packages) that you are currently taking

Please bring the items above in one small bag and leave your valuables at home.

Once your admission is complete you will go to the Day Surgery Unit and be prepared for theatre. Following surgery you will be taken to a ward where a nurse will explain the ward routine to you.

In each room there is a:

- Television for hire
- Telephone (you will need a phone card to make outgoing calls, these can be purchased at the hospital café). Mobile phones may be used in individual patient rooms only.

Electrical equipment i.e. a phone charger or laptop, must be safety checked before you use it in hospital. Please ask your nurse to arrange this.

Your hospital stay

You can expect to stay in hospital for _____ days.

Visiting Hours

Visiting hours on Ward 6 are 8.00am to 8.00pm each day.

After your surgery

It is important for you to follow the daily routine provided for you in your recovery plan.

You will be visited by medical staff each day. You will be encouraged to get up and about as early as you can - this may include being assisted to the shower on the day after your surgery.

We encourage activity from day one. You should plan to do regular gentle exercise several times a day, gradually increasing over the next six weeks. Common sense will guide your exercise and rehabilitation program. You will be seen by a physiotherapist during your stay who can discuss your after surgery physiotherapy plan and recovery at home.

It is a good idea to wear your day clothes after your operation as this can help you stay more active and feel positive about your recovery.

It is important that your pain is well controlled so that you can walk around, breathe deeply, eat, drink and sleep well - all of which will help your recovery. If at any time you feel that your pain is not well controlled, it is very important that you tell the nursing staff.

Oncology patients

KEMH oncology specialists will meet each week to review your test results. A personalised treatment plan will be discussed with you during one of the daily ward rounds. If you are discharged home before this happens, your doctor will contact you at home to discuss your plan.

Wound care

- Shower daily
- Keep your wound clean and dry
- Do not use any creams or talcum powder on your wound
- Check for increased redness, swelling or infection

Seek help if you experience any of the following:

- Fever
- Flu-like symptoms
- Offensive smelling wound discharge/or any wound not healing
- Offensive vaginal discharge
- Heavy bleeding (having to change a sanitary pad every 10-20 minutes)
- Passing large blood clots bigger than a 50c piece
- Any urinary symptoms like difficulty passing urine or burning when urinating
- Constipation

Contact information

If you have any problems or concerns about your treatment plan or follow-up care contact:

- Your general practitioner (GP) or after hours GP
- Healthdirect Australia: 1800 022 222
- Ward 6 at KEMH: (08) 9340 2698

Oncology patients contact the Oncology Liaison Nurse on (08) 9340 1005 or (08) 9340 2222 and ask to page 3350 (Monday to Friday 8.30am and 4.30pm) or the Cancer Nurse Coordinator on 0400 021 857

Urology patients contact (08) 9340 2222 and ask to page 3136 or 3587 (Monday to Friday between 8.00am and 3.00 pm)

Disclaimer: The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.

Compiled by: Obstetrics and Gynaecology Clinical Care Unit

Produced by: Women and Newborn Health Service

Website: <http://wnhs.health.wa.gov.au>

Email: ogccu@health.wa.gov.au

© March 2006 WNHS 0306 Rev 7

Revised March 2014

This information is available in
alternative formats upon request

WOMEN AND NEWBORN HEALTH SERVICE

King Edward Memorial Hospital

374 Bagot Road Subiaco WA 6008

Telephone: (08) 9340 2222



Government of **Western Australia**
Department of **Health**