

Relatives and friends

There are no facilities for visitors so please do not arrange for anyone other than your escort to drop you to the Unit and collect you.

Arrangements can be made for breastfeeding babies, however you will need to organise your own babysitter during your hospital stay.

The day of your surgery

It is important to be on time so delays to surgery can be avoided. Occasionally delays of several hours may occur due to emergency cases.

On arrival in the Day Surgery Unit the admissions clerk will check your details. You will be given a hospital gown to put on and you may wear your own slippers and dressing gown. You may be visited by the anaesthetist if you have not previously seen one. Prior to the surgery you will wait in an area where a TV and reading material are available.

You may bring a book if you wish.

Specially chosen, short acting anaesthetic drugs will be given to you so the quickest and most comfortable recovery is possible.

After surgery

After surgery you will wake up in the recovery room. When you are fully awake you will be moved to the Day Surgery Unit on a day bed. Once you are feeling comfortable enough you can sit up in a lounge chair, this will take anything from two to four hours. Nursing staff will give you drinks and a light snack as soon as you are ready.

Discharge is usually two to four hours after your surgery. You will receive post-operative instructions prior to your discharge. Please read them carefully and follow the directions given. Staff will be happy to answer any questions you may have.

Hospital Contact: _____

WOMEN AND NEWBORN HEALTH SERVICE King Edward Memorial Hospital

374 Bagot Road Subiaco WA 6008

Telephone: (08) 6458 2222



This document can be made available in alternative formats on request for a person with a disability.

Produced by: King Edward Memorial Hospital
Website: wnhs.health.wa.gov.au
© October 2007 WNHS 0474 Rev 9
Revised November 2016

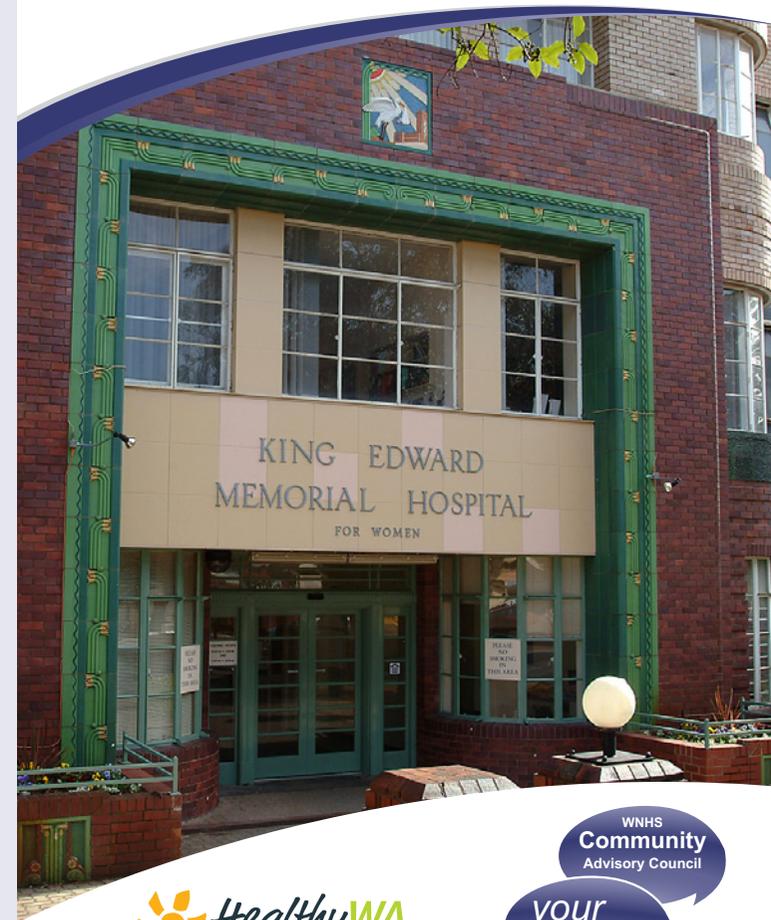
Disclaimer: The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information 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.

Copyright information www.health.wa.gov.au/home/disclaimer.cfm
Photos for illustration purposes only.



Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service

Day Surgery Unit Patient Information



Information for patients

Arrangements have been made for your admission on _____

Day Surgery Unit hours are:

Monday – Friday 6.30am – 9.30pm. If for any reason you need to cancel your admission, please ring the bookings clerk weekdays between 8.30am - 4.00pm on (08) 6458 1309 as soon as possible.

Arrival time

Please telephone the Day Surgery Unit on **(08) 6458 1459 between 5.00pm – 6.00pm** the evening before admission. They will confirm your admission time and advise whether your surgery is in the morning or afternoon.

If your surgery is on a Monday please call between 5.00pm - 6.00pm on the Friday before.

Where to go

Enter the hospital by the front entrance on Bagot Road and take the lifts in the front foyer to the second floor. Turn left and follow the signs to the Day Surgery Unit.

Parking

There are six short term parking bays immediately outside the main entrance of the hospital. These are only for picking up and setting down patients.

For longer periods of time the Subiaco Number 9 Council Car Park next to the Subiaco Arts Centre is a convenient place to park. This is a ticketed car park.

There is often two hour street parking available in the area, however please observe the parking signs and times or you will incur a fine.

Fasting

If your surgery is in the morning (usually 6.45am admission):

- Do not eat after midnight the day before the surgery (including chewing gums and lollies).
- You may have **water only** from midnight until 6.00am on the day of your surgery.
- From 6.00am on the day of your surgery you must have **NIL BY MOUTH**.

If your surgery is in the afternoon (usually 11.00am admission):

- You may have a light breakfast (tea and toast) at 6.00am the day of your surgery.
- You may then have **water only** from 7.00am - 11.00am (no chewing gum or lollies).
- From 11.00am on the day of your surgery you must have **NIL BY MOUTH**.

Try not to smoke for at least 24 hours before your admission to hospital.

Escort arrangements

Do not drive yourself home or use public transport (e.g. bus, train or taxi).

The person accompanying you must leave a contact number and be available to pick you up from the Day Surgery Unit when advised by staff. If you live alone or without adult assistance, arrange for a friend or relative to stay with you overnight after you return home.

General preparation

- **Do not** shave, wax or use hair removal cream on your bikini area in the three days before surgery.
- Please shower or bathe before you arrive for admission.

- If you are having a Laparoscopy, ensure your navel is clean.
- Wear comfortable, low-heeled footwear and loose clothing.
- Bring your slippers and dressing gown to wear while waiting for theatre.
- Bring a bag to put your clothes in (lockers provided).
- **Do not** wear make-up, lipstick, nail polish, or jewellery (wedding ring OK).

Valuables

Do not bring valuables. The Hospital will not accept responsibility for the loss or damage to any property left in the ward. You may like to bring a small amount of money for telephone calls or a newspaper etc.

Medications

Most of your regular drugs will be continued on the day of surgery, unless otherwise instructed by your doctor.

Tablets may be taken with a mouthful of water. Bring your medications to hospital with you (e.g. Ventolin puffer, blood pressure tablets). If you are unsure whether to take your usual medications, wait and ask the doctor/nurse when you arrive at the Hospital. Ensure you have paracetamol at home in case you need it.

Colds or illness

Contact the Bookings Clerk on (08) 6458 1309 if you develop a cold or illness prior to your surgery.

In some cases it may not be possible to have your surgery if you have your period. Your doctor will have discussed this with you. Follow any special instructions given to you by your doctor.