Having an Operation: Your Journey

Endoscopy • Gynaecology • Gynae Oncology • Urogynaecology
Introduction
Welcome to King Edward Memorial Hospital.
We are very pleased to be looking after you for your approaching operation
which is booked for ____________________.
Your Pre Admission Clinic appointment is booked for____________________.
It is anticipated your length of stay will be _______ nights.
Please have requested blood tests today or in the next few days at your nearest PathWest Collection Centre.
We aim to:
• provide the highest level of care
• give you the best possible experience in hospital
• get you back to living your normal life as soon as possible
What can I do to help make the operation a success?

It is important you understand how the operation might affect you, so you and your carers can take an active part in your recovery.

**Tobacco and Alcohol**

If you smoke or drink alcohol, stopping several weeks or more before the operation may reduce your risk of developing complications and improve your long term health. You may have been given a Quit Pack to give you helpful advice on how to cut down and hopefully quit your smoking. Resources can be found at www.quitnow.gov.au and www.alcoholthinkagain.com.au

**Diet**

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight. When losing weight, you tend to lose your tummy (abdominal) fat first and this makes your surgery safer and easier.

See the food wheel opposite for good choices. Further information can be found at www.eatforhealth.gov.au

**Exercise**

Regular exercise can help to prepare you for the operation and has benefits for your long-term health.

The benefits of a pre-operative exercise program include:

- improved balance - which may reduce the risk of falls
- improved general fitness
- decreased risk of surgical and post-operative complications

All this leads to better outcomes and reduced recovery time following your procedure.
Admission Information

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

Surgery preparation and fasting instructions

Day before surgery (either morning or afternoon surgery)

- You may eat a normal diet.
- Mix two sachets of your Preload™ carbohydrate drink with 800ml of water.
  Drink half (400ml) at 4.00pm and the other half (400ml) at 8.00pm.
  (Not for diabetics).

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. Clear fluids are water, clear fruit juice (no pulp), cordial, black tea and coffee (no milk).
- Mix one sachet of Preload™ carbohydrate drink with 400ml of water and drink between 5.00am and 6.00am. (Not for diabetics).
- From 6.00am on the day of your surgery you must have nil by mouth (no food or drink).

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. Clear fluids are water, clear fruit juice (no pulp), cordial, black tea and coffee (no milk).
- Mix one sachet of Preload™ carbohydrate drink with 400ml of water and drink between 10.00am and 11.00am. (Not for diabetics).
- From 11.00am on the day of your surgery you must have nil by mouth (no food or drink).

Other preparation on the day of your surgery:

- You should continue your regular medications unless you have been told otherwise.
- 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: ____________________________________________
- Urology bowel preparation (morning / afternoon case): ________________________________
  ____________________________________________
  ____________________________________________
  ____________________________________________

If you have diabetes do not drink the carbohydrate drinks. You may drink clear fluids as advised.
What to bring with you

- Medicare and/or private healthcare insurance details
- Sleepwear and/or casual clothes and slippers
- Pen, paper and this brochure
- 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
- Chewing gum

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 or ward 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 unless otherwise specified.

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.

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

---

Medicines at KEMH

When you come to hospital, please bring all of your medicines with you in their original packaging (OR your current Webster® pack). It is important for your medical team to know what medicines you are taking in case they may interact with medicines used in hospital.

This includes:

- Medicines prescribed by the doctor
- Medicines bought from a pharmacy or supermarket
- Herbal medications, vitamins and supplements
- Topical medicines (creams, ointments, patches etc.)
- Inhalers, injections, implants, pessaries, suppositories
- Eye, ear, nose, throat medicines
- Medications pads and toiletries
- Medications (in their original packages) that you are currently taking
- Chewing gum

Your medicines will be safely and appropriately stored whilst you are in hospital, including medicines that need to be refrigerated.

If you require any medicines on discharge, a prescription will be written that can be filled at the hospital pharmacy or taken to your community pharmacy. Medicine prices at KEMH are similar to what you would pay at your community pharmacy and you may choose to pay on the day of discharge or receive an invoice in the mail.

If you have any questions about medicines please ask to speak to your ward pharmacist.

Please withhold the following medicine(s) before your procedure:

<table>
<thead>
<tr>
<th>MEDICINE</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WITHHOLD | | |

Comments: ____________________________________________________________

The pharmacy department may be contacted on (08) 6458 2727.

Our opening hours are 8:30am to 5pm (Monday to Friday).
Your Recovery Journey

The post-operative period can vary greatly between patients. Your post-operative recovery will depend on how complex your surgery was, the length of time that it took and your overall health and fitness prior to surgery.

A Normal Recovery

This is what we anticipate that you should experience:

Day of Surgery:
Post surgery, you will wake up in recovery before being transported to the ward. You can drink water as soon as you are fully awake and have a meal 2-4 hours after surgery, depending on your desire to eat. You will be given medication for pain relief and to prevent constipation.

First Day after Surgery:
You will be offered three meals today and access to snacks. We encourage you to eat and drink as normally as possible, but feel free to have smaller amounts if your appetite is reduced. Chewing gum can help your bowels to work sooner. The catheter in your bladder may be removed this morning and your ability to pass urine monitored. You are encouraged to sit out of bed for most of the day, including when you eat your meals. Aim to walk around the ward at least four times. The more you are out of bed, the less likely you are to suffer from complications such as blood clots, pneumonia or breathing difficulties.

Your medical team will discuss with you when you are likely to go home. If they have not mentioned this, then ask them. If your surgery was laparoscopic (keyhole) you may be discharged home today. You will also need to arrange a lift home and someone to be at home with you to help.

Second Day after Surgery:

Like yesterday, please eat your meals sitting out of bed. You will likely be eating and drinking normally and walking more easily. Your bladder function should have returned to normal. The cannula (needle) in your arm will be removed when you no longer need it. You should now be taking all of your medication orally. Your doctor will discuss with you what medications you will go home with and for how long you should take them.

Most patients are ready to go home today by 10am. Prior to discharge, you should receive your prescriptions, discharge summary and follow-up plan. Some follow-up appointments are by telephone only. Be sure your follow-up appointments are written down in this book. Most patients will only require one follow up appointment.

If you have any questions or concerns, make sure to ask. It is very important to us that you feel confident and happy about going home.
Recovery Checklist (please tick)

<table>
<thead>
<tr>
<th>Have you?</th>
<th>Day of surgery</th>
<th>After surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Day 1</td>
</tr>
<tr>
<td>Been seen by your doctor?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat out of bed for meals?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spent 8 hours out of bed per day?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Passed urine?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chewed gum?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had the cannula (needle in your arm) removed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Made plans for who is going to pick you up?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discussed when you are going home?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Discharge Criteria

By the time you go home, you should be able to:

☐ Walk safely (this might be with a stick or assistance)
☐ Pass urine
☐ Manage pain with oral medication
☐ Eat and drink without nausea and vomiting

This is usually 2 days after your operation.

Follow-up

We will follow-up with you after your operation to make sure everything is going well. This will be by telephone or in clinic. Make sure you know before you go home when and how we will follow-up with you.

☐ Telephone in ____ weeks
☐ Outpatient clinic in ____ weeks  Date / time (if known) ______________

Bowel Care

Surgery can lead to constipation for a number of reasons. Major surgery can affect your bowel causing it to be sluggish. Opioid - containing pain medications, like codeine or morphine, have the side-effect of causing constipation.

Return of normal bowel function after surgery is variable depending on your previous bowel habit, type of surgery and recovery. Most patients have a bowel motion by their third day following surgery. Eating, drinking and passing wind are reassuring signs that your bowels are returning to normal. It can be several weeks before your appetite is fully back to normal.

All patients undergoing abdominal surgery should take regular laxatives and stool-softeners (except in certain circumstances where surgery on the bowel has been performed) until their bowel motions have normalised and they have stopped taking strong pain medications. If you have not had a bowel movement by your third post-operative day, you should seek advice from your GP, local pharmacy or KEMH.

Constipation can be a frequent cause of post-operative pain and most patients feel much better as their constipation resolves. Nonetheless, there are some serious symptoms you should not ignore. Please be seen urgently if you develop new-onset nausea and vomiting, fever or escalating pain and bloating. The section entitled "When to seek help?" on the following page has the complete list of concerning symptoms that require prompt attention.
Wound care

- Shower daily and pat dry. It is OK to get your wound wet in the shower however do not bathe or swim until your wound is well healed
- Keep your wound clean and dry from moisture
- Do not use any creams or talcum powder on your wound
- Check for increased redness, swelling or infection

When to seek help?

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 or passing large blood clots)
- 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 an after hours GP
- Healthdirect Australia: 1800 022 222

Oncology patients - contact the Oncology Liaison Nurse on (08) 6458 1005 or (08) 6458 2222 and ask to page 3350 (Monday to Friday 8.30am to 4.30pm) or the Cancer Nurse Coordinator on 0400 021 857

Urogynaecology patients - contact 0466 429 921 (Monday to Friday 8.00am to 3.00 pm)

Gynaecology patients - contact (08) 6458 2222 and ask to page the Gynaecology Liaison Nurse (Monday to Friday 8.30am to 4.00pm)