

## Pre-Admission Clinic

Coming to hospital may be a new experience for you. The Pre-Admission Clinic gives us an opportunity to provide you with information regarding your treatment and answer your queries.

You have been booked for surgery at King Edward Memorial Hospital (KEMH)

on: \_\_\_\_\_

An appointment at the Pre-Admission Clinic has been made for you:

on \_\_\_\_\_ at \_\_\_\_\_

**This is an important part of your admission to hospital. The appointment will take approximately two hours. If you do not attend this appointment your surgery may be cancelled.**

Bring any medications you are taking (in their original packaging or Webster Pack) to your appointment.

The preparation for surgery varies according to the operation you are having, however the following general routine applies.

You will see:

### 1. Medical staff (not oncology patients)

The medical officer will:

- Obtain a medical history for admission
- Order any tests and medications

### 2. Anaesthetist

The anaesthetist will:

- Note your previous history of anaesthesia
- Explain the various types of anaesthesia available for your operation
- Discuss pain relief options available after your surgery

### 3. Nursing staff

The nurse will give you information about:

- Your admission
- Any preparation required before your surgery
- What to expect after the operation

### 4. Pharmacist

If you are on multiple medications a pharmacist will speak with you.

### 5. Support services

You can obtain a referral to the following services if necessary:

- |                          |                          |                              |
|--------------------------|--------------------------|------------------------------|
| • Physiotherapy          | • Clinical psychology    | • Urology Nurse Practitioner |
| • Social work            | • Occupational Therapist | • Dietician                  |
| • Clinical psychology    | • Chaplaincy             | • Aboriginal Liaison Officer |
| • Occupational Therapist | • Oncology Liaison Nurse |                              |

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**Questions to ask**

It is important for you to fully understand what is happening. We are happy to answer any questions you or your support person may have.

Below is space to write any questions you may want to ask at the Pre-Admission Clinic.

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**Things you can do to help your recovery****Diet**

- Maintain a well balanced diet including two fruits and five vegetables per day.

**Exercise**

- Continue any present exercise program.
- Walk daily.

**Stop smoking**

- Assistance with quitting is available from the Quitline on 131 848 or visit the Quit WA website at [www.quitwa.com](http://www.quitwa.com)
- If you are unable to quit then reduce the number of cigarettes you smoke a day.

**Other considerations**

- Care for your children while you are in hospital and recovering from your surgery.
- Work – for major procedures you will need four to six weeks leave.
- Housework – you will need to organise assistance with washing, cooking, vacuuming, shopping and any heavy housework duties after surgery.
- Driving – you will be unable to drive for one to three weeks depending on the type of surgery you have.

**Cancellations**

If you are unable to attend or do not wish to have your operation please phone the booking clerk on 9340 1309 between 9.00am and 3:30pm Monday to Friday.

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