

Patient preparation and responsibilities

- This information is intended as a general guide only. Please ask the Nurses or Doctors if you have any questions.
- Please contact your Case Manager if there are any changes to your health between the time of your preadmission assessment and your surgery date.
- Emergency operations may cause cancellation of planned surgery.
- If you have a mobile phone, an SMS appointment reminder is sent two weeks and again two days prior to admission. Patients have an option to opt out of this service.

The Night before your procedure

- Shower the evening before. It is very important to wash your hair.

On the day of your procedure

- Shower before you leave home. Wear no make-up, moisturiser, deodorant, perfume, aftershave, nail polish or talc. Wear Hearing Aids, Acrylic/gel nails – take off 1 false nail on each hand.
- Please take your regular medication unless informed otherwise by the Doctor, Anaesthetist or Pharmacist.

Present to the Admission Desk on ground floor of Ned Hanlon Building via main entrance on Butterfield Street. Refer to your theatre booking letter for date and time.

Estimated Length of Stay:

- Day case
- Overnight - discharge by 9am
- _____ days - discharge by 9am from ward

Help at home required
Please call
My Aged Care
1800200422

Fasting Instructions:

Follow fasting instructions depending on your advised admission time:

Morning or All day theatre list – 6.00am admission time

- No solid food from midnight. This includes lollies or chewing gum
- Clear fluids from midnight to 5.00am. No more than 200mls an hour
- Nil by Mouth from 5.00am, except a sip of water to help swallow tablets

OR

Afternoon theatre list – 10.30am admission time

- Light breakfast (cereal or toast) before 7.00am
- Clear fluids from 7.00am to 10.00am. No more than 200mls an hour
- Nil By Mouth from 10.00am, except a sip of water to help swallow tablets

Clear fluids include: water, black tea, black coffee, cordials, clear fruit juice without pulp.

Clear fluids **DO NOT** include: milk, milkshakes, coffee or tea with milk, cloudy fruit juices.

If you do not fast correctly your operation will be cancelled.

What to bring with you

- ALL your regular medications including puffers, vitamins, supplements and over-the-counter medicines bring to hospital in the green bag provided to you at Preadmission
- Pyjamas (Hospital does not provide) / dressing gown / toiletries / tissues / flat comfortable shoes / supportive slippers (no scuffs or thongs)
- Glasses / hearing aids / walking aids / CPAP or other personal aids
- Any X-Rays / Scans. It is your responsibility to take your private X-Rays / Scans home
- Medicare card, healthcare card and pension card
- A copy of your Advanced Health Directive or Power of Attorney details
- Bag limit: One hand held bag & one overnight bag - Maximum weight 10kg

It is recommended that you

- Stop smoking now
- Do not drink any alcohol for at least 24 hours before your procedure
- Please inform the medical staff if you require a Medical Certificate or require Patient Travel Subsidy Scheme Forms completed
- DO NOT BRING large amounts of money or valuables

What happens after I check into Ground Floor Admission?

- You will be directed to the Surgical Day Care Unit waiting room or your nominated surgical ward
- Due to limited space we request only one person accompany you
- If you need to leave this area please inform the reception staff

General information

- Hospital visiting hours are between 10.00am until 8.00pm, unless displayed differently on the ward.
- Car Parking is available at Metro Car Park in Butterfield Street, or Kings Car Park on the corner of Herston and Bowen Bridge Roads (charged hourly or at a daily rate)
- A taxi rank is located at the main entrance on Butterfield Street
- Public bus service is located at the front of the hospital on Bowen Bridge Road
- Any electrical item brought into hospital must be tested and tagged by a qualified electrician (this is your responsibility) or have batteries. Mobile phone chargers do not require testing.

Discharge

- Prepare for discharge before 9.00am in all wards
- You maybe discharged via the Transit Lounge on Ground floor (open until 6.00pm). Pick up from the Transit Lounge is via Butterfield Street.
- Prior to discharge you may be provided with:
 - An Outpatient appointment
 - A discharge prescription (if required)
 - A discharge summary to take to your Local Doctor
 - Medical certificate (if required)
 - Patient Travel Subsidy Scheme forms (if required)