

# Awake day procedures at the Women's

This fact sheet provides basic information about awake day procedures. If you want more specific information about your procedure, ask your doctor, nurse or midwife. You can also visit the health information section of our website at [www.thewomens.org.au](http://www.thewomens.org.au).

## What is an awake day procedure?

An awake day procedure is a treatment you have while you stay awake. You won't be given medicine to make you feel drowsy (sedation) or sleep (general anaesthesia). You will be alert the whole time. You can go home the same day, and you don't need anyone to drive or pick you up afterward.

## When to come to the hospital

We'll send you a text message the day before your procedure. It will tell you what time to arrive at the hospital (your admission time).

Your admission time is earlier than your procedure so the nursing staff have time to get you ready.

## Things to bring with you

- Your Medicare card. If you don't have one, please call (03) 8345 3012.
- Your Health Care card, if you have one.
- Your private health insurance card, if you have one.
- Water or a drink if you need it.
- Please leave your valuables at home.

## For private patients

You'll need to pay your hospital account when you arrive. If you don't have your private health insurance card with you, you'll need to pay at the Accounts Office (ground floor, main building) by cash, cheque or credit card.

## What to expect

- You'll walk into the Day Procedure Room and walk out after your procedure.
- Our nursing staff will look after you until you're ready to go home.
- The length of stay varies from person to person, but most people are well enough to leave immediately after their procedure.
- You may need to do a urine pregnancy test on the day of your procedure.

## Preparing for day surgery

- We will call you the day before your procedure to check on your health.
- Eat and drink as usual. You don't need to fast before your procedure.
- Stop smoking at least 12 hours before your procedure.
- If you take regular medicines, keep taking them unless your doctor tells you to stop.

## If you get sick

If you get a cough or fever in the week before your procedure, please contact the Booking Office as soon as possible on (03) 8345 3335.

We will reschedule your procedure.

## Going home and aftercare

You don't need someone to take you home after your procedure.

When you get home, follow the post-operative instructions we give you.

We'll send you a letter with the details of your follow-up appointment. Your appointment will be by phone or video (telehealth).

## Problems with your care

If you have problems or complaints about your care, contact the Consumer Liaison office on (03) 8345 2290. Or you can email [consumer.liaison@thewomens.org.au](mailto:consumer.liaison@thewomens.org.au).

## For more information

### The Royal Women's Hospital

- Bookings office  
Monday to Friday  
9.00 to 5.00pm  
(03) 8345 3335
- Switchboard  
Monday to Friday  
9.00 to 5.00pm  
(03) 8345 2000
- Women's Welcome Centre  
Monday to Friday  
9.00 to 5.00pm  
(03) 8345 2000  
T: (03) 8345 3037

## Do you need an interpreter?



You can ask for an interpreter if you need one.

## Family Violence Support

### 1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

**Disclaimer:** This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.

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