



In this information sheet we will answer general questions about day surgery. If you need written information about the actual procedure you are having, ask your doctor, nurse or midwife or visit the health information section of our website at [www.thewomens.org.au](http://www.thewomens.org.au).

Do not hesitate to call the Day Surgery Unit if you have further questions on (03) 8345 3300.

## What time do I come?

- You will receive a text message from us on your mobile phone the day before your surgery. It will include your admission time (the time to arrive at hospital) and fasting details (when to stop eating and drinking).
- Your admission time is not the same as your surgery time – we can only tell you if your surgery is in the morning or the afternoon.
- You may also receive a call from us to check on your health.

## How long will I have to be in hospital?

The length of stay varies from person to person. Once we know that you are well enough to leave, you will be discharged.

## Preparing for day surgery

- Before your surgery, we'll call and text you with instructions for fasting.
- Stop smoking at least 12 hours before surgery.
- If you take regular medicines, keep taking them before surgery unless you are told to stop. Bring them with you to hospital.

## Important things to consider

If you develop a cough or fever in the week before your surgery, please contact the Elective Surgery Booking Office as soon as possible.

You may need to have a pregnancy test on the day of your surgery.

## What to bring and wear

- Medicare card. If you don't have a Medicare card, please call (03) 8345 3012
- Health care card if you have one
- Private health insurance card if you have one
- Any medications that you are taking including non-prescription medications such as herbal medications or vitamins.
- Something to read
- Comfortable clothes
- Glasses, if you wear them
- Freshly cleaned CPAP machine (if required)
- A small bag for clothing and other items.

Private patients will need to settle their hospital account on admission. If you do not have your private health insurance card with you, you will need to pay by cash, cheque, or credit card at the Accounts Office, on the ground floor of the main building.

## What not to bring and wear

- Valuables such as jewellery
- Large sums of money
- Contact lenses
- Nail polish
- Make-up
- Hair clips/pins
- Large suitcases.

## What to expect

After you have been admitted and are ready for surgery, you will walk to the operating theatre. After your procedure, you will rest on a trolley in our recovery area. Our nursing staff will look after you during this time.

When you are well enough, you can dress and sit in a comfortable recliner chair until you are ready to go home. We will also offer you refreshments.

## Going home

You will need to arrange for someone to take you home after surgery. You will also need to have someone with you overnight.

Day Surgery Unit staff will contact your support person when you are ready to be collected from the hospital.

Any medications can be collected from the Royal Women's Hospital Pharmacy which is on the first floor.

Payment is required for all medications.

## After day surgery

For 24 hours following an anaesthetic you should not:

- drive a car
- operate machinery or electrical appliances
- drink alcohol
- sign any legal documents
- make any major decisions.

Once you are at home, please follow the post-operative instruction sheet that we will give you.

You may need to return for a follow-up appointment, if so, information about your appointment will be posted to you.

## Problems with your care

If you have problems or complaints about your care, contact the Consumer Liaison office on (03) 8345 2290.

## Family Violence Support

### 1800 Respect National Helpline

Support for people impacted by sexual assault, domestic or family violence and abuse.

1800 737 732 (24-hour support service)  
[1800respect.org.au](http://1800respect.org.au)

## Do you need an interpreter?



Interpreter

If you need an interpreter, you can ask for one.

## For more information

### Day Surgery Unit

T: (03) 8345 3300

### The Royal Women's Hospital Switchboard

T: (03) 8345 2000

### Women's Welcome Centre

Monday to Friday – 9.00am to 5.00pm

T: (03) 8345 3037

**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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