

# DAY SURGERY AT THE WOMEN'S



the women's  
the royal women's hospital  
victoria australia

In this information sheet we will answer general questions about day surgery.

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**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?

- To find out your admission time you will need to call the Day Surgery Unit between 10.30am – 12 noon, Monday to Friday.
- If your surgery is on Monday, you will need to call on the Friday before. The unit is not open on the weekend.
- 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.

## 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 surgery, you **must not** eat or drink anything
  - for morning surgery, do not have anything after midnight
  - for afternoon surgery, do not have anything after 7.00am on the day of surgery.

You may however drink small amounts of clear fluids (a glass of water, apple juice or

a cup of black tea) up to two hours before your admission.

- Stop smoking at least 12 hours prior to surgery.
- If you are currently taking medications, tell your doctor. It is important that your doctor knows what medications you are taking before any surgery.
- If you take Aspirin, tell your pre-admission triage nurse.

## 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.
- If you are sexually active you may need to have a pregnancy test, depending on the last day of your period.

## What to bring and wear

- Medicare care
- 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).

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

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.

Your support person, friends or relatives are welcome to wait at the hospital during your stay. However, visitors are not permitted into our admission and recovery areas. Please note there is limited space in our waiting room, visitors may wish to spend their time in our coffee shop.

### 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.

You will need to be collected from the day Surgery Unit on the third floor.

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 advocate on (03) 8345 2290.

### Need an interpreter?

Please tell the staff if you need an interpreter. An interpreter will be available on the day of your admission.

### Contact

#### Day Surgery Unit

T: (03) 8345 3300

#### Emergency Department

T: (03) 8345 3636

#### Royal Women's Hospital switchboard

T: (03) 8345 2000

#### Women's Welcome Centre

To the left of the main entrance, the centre offers free information on a range of women's health issues.

Open 9.00am to 5.00pm, Monday to Friday

T: (03) 8345 3037

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