



In this information sheet we will answer general questions about your stay in hospital. 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

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).
- Your admission time is different from 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.

Preparing for 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 drink small amounts of clear fluids such as water, apple juice or black tea, up to two hours before your admission.
- Stop smoking at least 12 hours before your surgery.
- If you have recently started or changed any of your medicines, please call (03) 8345 3335 and advise us of any changes before coming to hospital.
- If you take Aspirin, tell your 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
- 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 take including non-prescription medications such as herbal medicines or vitamins
- Something to read
- Sleepwear, preferably night dresses
- Dressing gown
- Slippers
- Toiletries including toothbrush and toothpaste
- 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

- Once you are admitted and are ready for surgery, you will be taken 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.
- Your support person, friends or relatives are welcome to wait at the hospital for you to be transferred to the ward. There is a coffee shop and food court on the ground floor where they can wait for you to be ready for visitors. Visitors are not permitted in our admission or recovery areas.

Visitors

Visiting hours are from 2.30pm to 8.00pm. For the comfort, health, and safety of our patients, we ask visitors to respect our visiting hours.

Telephones

Once you are on the ward you can receive outside calls directly to your bedside phone. Your friends and family can ring patient enquiries on (03) 8345 3030, give the operator your name and the operator will then transfer the call to you.

You can use your mobile phone while you are in the hospital, although please be considerate of others.

Going home

It is important to prepare for when you go home before you come into hospital. The length of time you will stay in hospital will be discussed with you at your pre-admission appointment. The time it takes to recover from a major operation is different for each person. We expect that it will take between six and eight weeks.

If you feel you will need help when you leave hospital, please discuss it with staff as soon as possible. For example, you may need:

- help in the home while you recover
- advice about medications we give you to take home
- advice about how to look after yourself at home after your procedure.

Do you need an interpreter?



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

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](https://www.1800respect.org.au)