

# Day Surgery at the Women's

The Royal Women's Hospital Fact Sheet / [www.thewomens.org.au](http://www.thewomens.org.au)



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

**In this fact sheet we aim to answer your 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?

- To find out your admission time you will need to call the Day Surgery Unit between 4.00pm and 6.00pm 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 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 (including water and chewing gum).
  - for **morning surgery**, do not have anything after midnight.
  - for **afternoon surgery**, do not have anything after 7.00 am on the day of surgery.
- 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 your doctor has approved your medications, and you are due to take them on the day of your surgery, take them with **only one mouth full of water**.
- Avoid taking Aspirin for two weeks before surgery.

## Important things to consider

- If you develop a cough or fever in the week before your surgery, please contact your doctor or the Day Surgery Unit.
- 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 card
- 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
- wear comfortable clothes
- glasses.

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 hospital building.

## What not to bring and wear

- valuables such as jewellery
- large sums of money
- contact lenses
- nail polish
- make-up
- hair clips/pins.

## 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 make sure the staff know if you need an interpreter. An interpreter will be available on the day of your admission.

### **Important phone numbers**

#### **Day Surgery Unit**

(03) 8345 3300

#### **Emergency Department**

(03) 8345 3636

#### **The Royal Women's Hospital switchboard**

(03) 8345 2000

#### **The Women's Health Information Centre**

To the left of the main entrance the centre offers free information and advice. Open 9.00am to 5.00pm Monday to Friday. Telephone (03) 8345 3045.

#### **Location**

Day Surgery Unit

3rd Floor, The Royal Women's Hospital

Corner of Grattan Street and Flemington Road

Parkville, Vic 3052

**The Women's is a smoke free hospital. For more information and support visit [www.quit.org.au](http://www.quit.org.au)**

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