

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



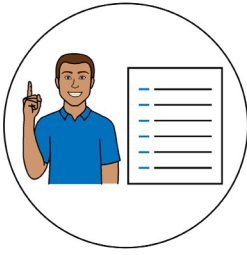
About your day surgery

The Royal Women's Hospital



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.





About this book

This book is written by the Royal Women's Hospital.



This book is about your **day surgery** at the hospital.



Day surgery is when you come to hospital for an operation but do **not** stay overnight.



If you have questions about what will happen in your operation you can

- ask your doctor

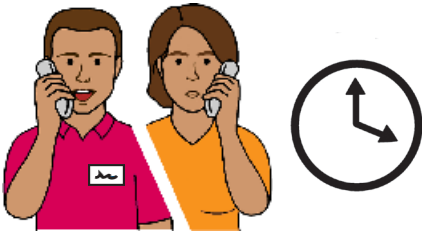
or



- find information on our website

www.thewomens.org.au

When to come to the hospital

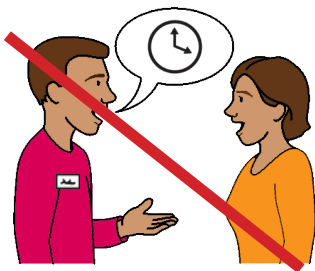


The Day Surgery Unit will call you the day before your operation to tell you what time to come to the hospital.

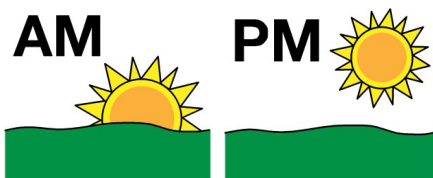


You will also get a text message to tell you what time to come to the hospital.

The time you must come to the hospital is different from the time of your operation.

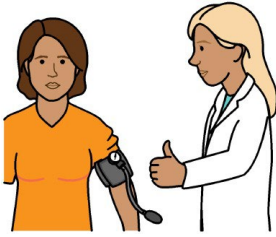


We can **not** tell you the time of your operation.



We can only tell you if the operation is in the morning or the afternoon.

How long will you be in hospital?



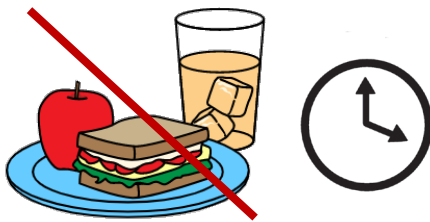
You will be in hospital until your doctor says you are well enough to leave.

The time in hospital is different for everyone.

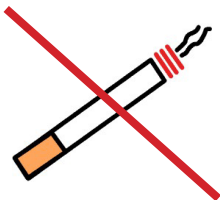
How to get ready for day surgery



There are some things you need to do before you come to the hospital.



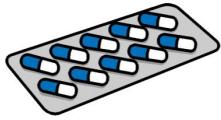
We will tell you when to stop eating and drinking.



You must **not** smoke or vape for at least 12 hours before your operation.



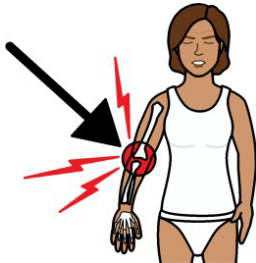
Before your operation you must tell your doctor what other medicine you take. You might need to stop taking some medicines.



Tell your nurse if you take **aspirin**.

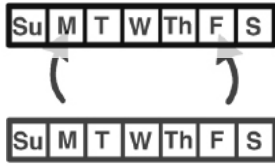


Aspirin is medicine that is used to help fevers and mild pain. For example, muscle aches and headaches.



Aspirin is also used to help stop pain and swelling for people with arthritis.

Important things to remember



Tell us straight away if you get a cough or fever in the week before your operation.



You must tell us if you might be pregnant.



You can call the Planned Surgery
Booking Office on (03) 8345 3335.

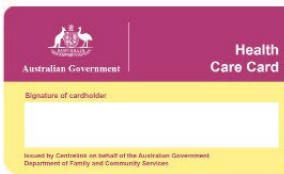
What to bring to the hospital

There are some things you need to bring with you to the hospital.

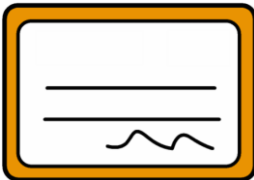


You must bring

- your Medicare card



- your Health Care card if you have one



- your private health insurance card if you have one

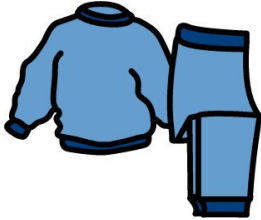


- any medicine you take now.
Medicine can also be vitamins and herbal medicine.



You can also bring

- something to read



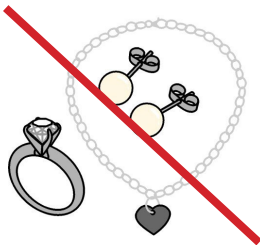
- comfortable clothes



- glasses if you wear them



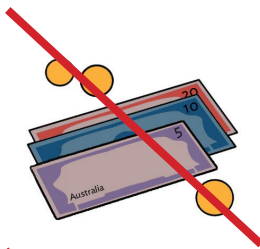
- a bag with a zip to put your clothes in.



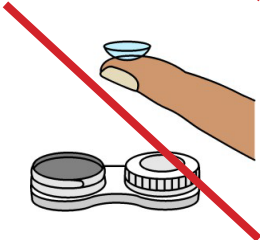
Do **not** bring

- valuables.

For example, jewellery.



- lots of money



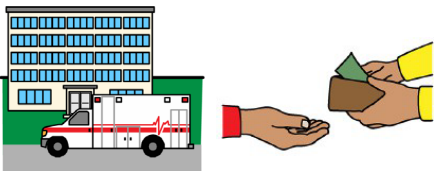
- contact lenses.

What will happen in hospital?



When you get to hospital you will be **admitted**.

Admitted means the hospital knows you are there and ready.



If you are a private patient you will need to pay when you get to the hospital.



You can pay at the accounts office on the ground floor of the hospital.



When you are ready for the operation you will walk to the operating theatre.



After your operation you will rest on a trolley in the recovery area.

Nurses will look after you in the recovery area.



When you feel well you can

- get dressed

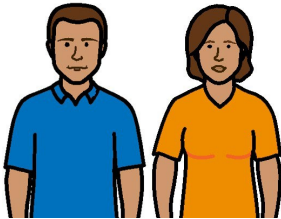


- sit in a comfortable chair



- eat and drink something.

You can bring someone with you to the hospital.



For example

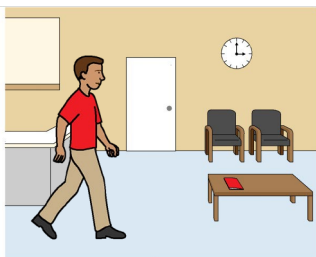
- a support person



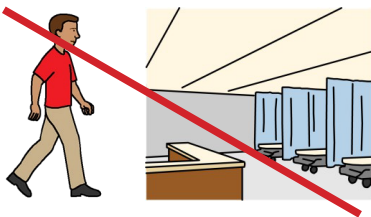
- a friend



- a family member.

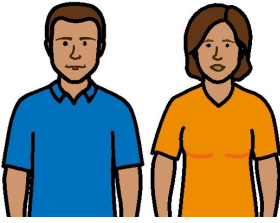


The person you bring with you to the hospital can wait for you in the waiting room or coffee shop.

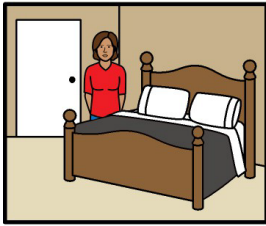


They can **not** visit you in the recovery area.

When can you go home?



You need to have someone take you home after your operation.



Someone must stay with you at home to help you overnight.

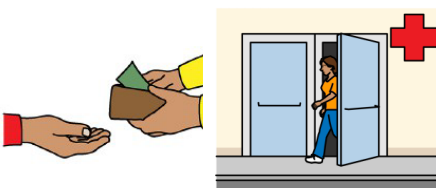


When you are ready to leave, someone can get you from:

- the Day Surgery Unit on the 3rd floor or
- the Day Procedure Centre on the 5th floor.



If your doctor says you need medicine you can get it from the hospital pharmacy on the 1st floor of the hospital.



You must pay for the medicine before you leave the hospital.

What happens after you leave?



In the operation you will have had some very strong medicine to put you to sleep.



This medicine can still affect you for a little while after you leave hospital.

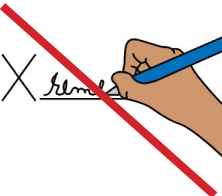


For 24 hours after the operation you should **not**

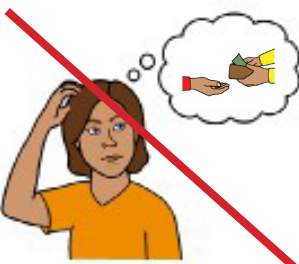
- drive a car



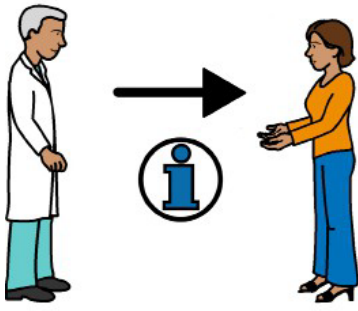
- drink alcohol



- sign legal documents



- make important decisions.



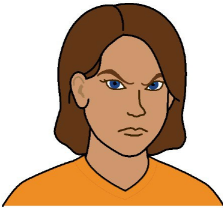
You will get information from the hospital about what to do after your operation.

We will send you more information if you need to come back to hospital to see your doctor.

If you have a problem



If you have a problem or **complaint** you can contact the hospital.



A complaint is when

- you are **not** happy

and



- you tell us the reason.



Call the Consumer Liaison office
(03) 8345 2290

More information



For more information contact the Royal Women's Hospital.



Call (03) 8345 2000



Website www.thewomens.org.au



Day Surgery Unit (03) 8345 3300

Women's Welcome Centre

The Women's Welcome Centre has free information on women's health issues.



Call (03) 8345 3037

SUN	MON	TUE	WED	THU	FRI	SAT

Monday to Friday from 9 am to 5 pm.

The centre is on the ground floor on the left of the main reception desk.



If you need help to speak or listen

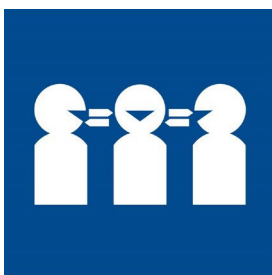
Contact the Royal Women's Hospital through the National Relay Service or NRS.

Call the NRS help desk

1800 555 660

Go to the NRS website

communications.gov.au/accesshub/nrs



Tell the hospital staff if you need an interpreter.

We will make sure there is an interpreter with you on the day of your operation.

This book provides general information only. For specific advice about your baby or 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 book instead of seeing a health professional. If you or your baby require urgent medical attention, please contact your nearest emergency department. © The Royal Women's Hospital 2026

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