



Your medicine discharge plan

| Medicine | What it is for | How often to take it | Maximum dose in 24 hours | First dose after discharge | My record <input checked="" type="checkbox"/> |
|--|------------------------------------|--|--------------------------|--|--|
| Paracetamol Brands include: <ul style="list-style-type: none"> • Panadol • Panamax | Simple pain relief | Take 2 x 500mg tablets every 4 to 6 hours. Keep taking this medicine regularly for 3 days after surgery even if you feel comfortable. | 8 tablets (4g) | Date: _____ Time: _____ | <input type="checkbox"/> 6 to 8am <input type="checkbox"/> 12pm <input type="checkbox"/> 4pm <input type="checkbox"/> 8 to 10pm |
| Ibuprofen* Brands include: <ul style="list-style-type: none"> • Nurofen • Aspirin *If you can safely take non-steroidal anti-inflammatory medicines (NSAIDs) | Simple pain relief | Take 2 x 200mg tablets every 8 hours. Keep taking this medicine regularly for 3 days after surgery even if you feel comfortable. | 6 tablets (1200mg) | Date: _____ Time: _____ | <input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm |
| Macrogol Brands include: <ul style="list-style-type: none"> • Movicol | Softens stool (poo) | 1 to 2 sachets once or twice per day for 7 days after surgery. | 4 sachets | Date: _____ Time: _____ | <input type="checkbox"/> 9am <input type="checkbox"/> 9pm |
| Opioid pain medicine (discharge) Brands include: <ul style="list-style-type: none"> • Tapentad • Tramadol | Strong pain relief for severe pain | 1 tablet, as needed. Do not take more often than every 6 hours. | 4 tablets | <input type="checkbox"/> Date / Time _____ <input type="checkbox"/> Date / Time _____ <input type="checkbox"/> Date / Time _____ <input type="checkbox"/> Date / Time _____ | |
| Antiemetic Brands include: <ul style="list-style-type: none"> • Ondansetron | Helps with nausea or feeling sick | Take 1 x 4mg wafer every 8 hours, as needed. | 3 wafers (12mg) | <input type="checkbox"/> Date / Time _____ <input type="checkbox"/> Date / Time _____ <input type="checkbox"/> Date / Time _____ | |

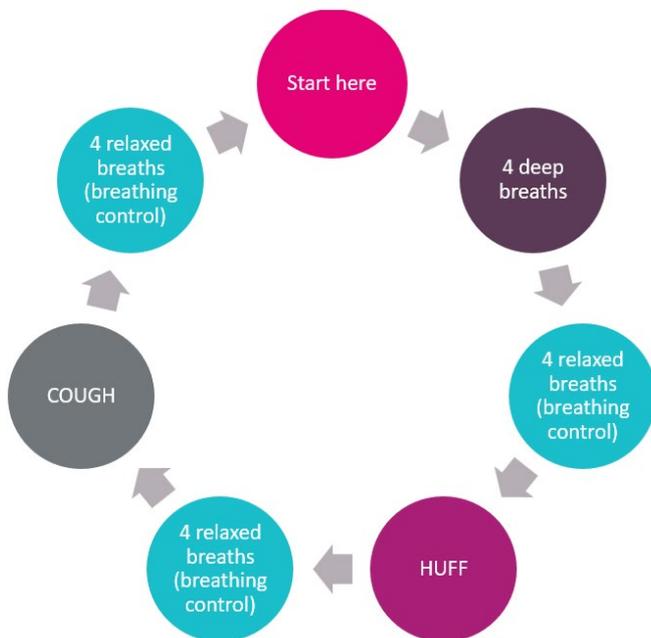
| Wear your TED stockings for 7 days after surgery | | | | | | |
|--|--|--|--|--|--|--|
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| <input type="checkbox"/> |
| Complete your breathing exercises twice a day | | | | | | |
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Morning <input type="checkbox"/> <input type="checkbox"/> |
| Night <input type="checkbox"/> <input type="checkbox"/> |

Breathing exercises

Keep your lungs healthy and reduce the risk of chest infections, please complete your deep breathing and coughing exercises

4 times per day:

- **2 times** in the morning
- **2 times** at night.



For more information

We're committed to supporting you before, during and after your surgery.

If you have any questions, please contact your surgical or nursing teams.

Contact us

The Royal Women's Hospital

T: (03) 8345 3300 - Day Surgery Unit

Do you need an interpreter?



You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

1800respect.org.au

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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