



YOUR STAY IN HOSPITAL

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?

- To find out your admission time you will need to call the Day Surgery Unit on **(03) 8345 3300** 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.

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 drink small amounts of clear fluids up to two hours before your admission such as water, apple juice or black tea.
- Stop smoking at least 12 hours prior to surgery.
- If you have recently started or changed any of your medications 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.
- 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 – 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).

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 have been admitted and you are ready for surgery, 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.
- 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 there is anything you feel you will need help with when you leave hospital, please discuss it with staff as soon as possible. For example:

- 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.

Discharge

Discharge time is 9.30am. If possible, arrange for someone to take you home and stay with you overnight.

You will receive an appointment to return to the clinic for a check-up, (usually six weeks after your procedure unless the doctor wants to see you earlier). If an appointment is not made at the time of your discharge, it will be sent out to you in the mail

Any medications your need can be collected from the Royal Women's Hospital Pharmacy, which is on the first floor. Payment is required for all medications

At home

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.

Follow the instructions in the aftercare information you are given at discharge.

Be aware of signs of infection such as:

- sudden hot flushes or sweating
- high temperatures above 38°C
- sudden onset of pain that is not relieved by over-the-counter painkillers.

If you experience any of these symptoms or have any concerns about your health, please see your local doctor or go to your nearest hospital emergency department.

Problems with your care

If you have problems or complaints about your care, contact the Consumer Liaison office 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.

For more information

The 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