



# Your stay in hospital

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This information sheet answers common questions about your stay in hospital. For information about your specific procedure, ask your doctor, nurse or midwife or visit the health information section on our website at [www.thewomens.org.au](http://www.thewomens.org.au).

## What time should you come to the hospital?

- We'll text you the day before your surgery with the time you need to arrive at hospital (admission time).
- Your admission time is not the same as your surgery time. We can only tell you if your surgery is in the morning or afternoon.
- You may also get a call from us to check on your health.

## Preparing for surgery

- Before your surgery, we'll call and text you with instructions for fasting.
- Stop smoking at least 12 hours before surgery.
- If you take regular medicines, keep taking them before surgery unless you are told to stop. Bring them with you to hospital.

## Important things to consider

- If you get a cough or fever in the week before your surgery, call the Planned Surgery office on 03 8345 3335 as soon as possible.
  - They're available Monday to Friday 8:00 am to 4:30 pm.
- 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 one, call (03) 8345 3012
- Health Care Card - if you have one
- Private health insurance card - if you have one
- Medicines - bring all your prescription and non-prescription medicines, including 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
- Small bag for your clothing and other items.

## Don't bring or wear

- Jewellery or other valuables
- Large sums of money
- Contact lenses
- Nail polish
- Make-up
- Hair clips or pins
- Large suitcases.

## Private patients

You need to pay your hospital bill when you check in. If you don't have your private health insurance card, you'll need to pay by cash, cheque, or credit card at the Accounts office on the ground floor of the main building.

## What to expect

- After you're admitted and ready for surgery, we'll take you to the operating theatre.
- After your procedure, you'll rest on a trolley in our recovery area where our nursing staff will take care of you.
- Your support person, friends or relatives are welcome to wait at the hospital while you are transferred to the ward. They can wait in the coffee shop and food court on the ground floor until you're ready for visitors. Please note that visitors are not allowed in the admission or recovery areas.

## Visitors

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

## Telephones

Once you're on the ward, you can receive calls directly on your bedside phone. Your friends and family can call patient enquiries on (03) 8345 3030, provide your name and the call will be transferred to you.

You can also use your mobile phone in the hospital, but please be considerate of others.

## Going home

Before you come to the hospital, it's important to prepare for your return home.

We will discuss how long you'll stay in the hospital during your pre-admission appointment. Recovery time from a major operation is different for each person, but it is usually 6 to 8 weeks.

If you think you'll need help after leaving the hospital, talk to the staff as soon as possible.

You might need:

- help at home while you recover
- advice about the medicines you need to take
- advice on how to take care of yourself after your procedure.

## 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

## Do you need an interpreter?



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