



## Preoperative Instructions

Please inform your surgeon/anaesthetist if:

- You are taking prescription and non-prescription medications
  - Do not stop taking prescription medication without being informed by the surgeon/anaesthetist
- You are pregnant
- You are breast feeding
- There is any change in your medical condition or you become unwell
- You are unable to attend your appointment

**Before Your Surgery** You must allow at least half a day for surgery and pre-arrange each of the following:

### Overnight care

a. For your safety, you must have a responsible adult with you for the first night following treatment. The name and phone number of this person should be provided to staff at the time of admission.

### Patients under the age of 18

a. Patients under the age of 18 require a legal guardian to be present for the duration of the day.

### Smoking

- To reduce the risk of complications it is recommended that patients stop smoking at least two weeks prior to surgery.
- If you require further information about quitting smoking call the QUIT line on 13 12 58 or contact your local doctor.

**Fasting** If you do not follow the fasting guidelines below your surgery will be cancelled.

### Morning Surgery

Admission between 6:00am and 8:00am (hospital to confirm the night before).

- No food, drink or chewing gum is to be consumed after midnight.
- If medications are required, take with a sip of water only

### Afternoon Surgery

Admission between 11:30am and 1:30pm (hospital to confirm the night before).

- You may have a light breakfast at 6:00am.
- No food, drink or chewing gum is to be consumed after 7:00am.
- If medications are required, take with a sip of water only.

### Checklist

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|---|--|
| <input type="checkbox"/> Remove all make up and nail polish                               | <input type="checkbox"/> Bring a book, magazine or music and headphones                                |
| <input type="checkbox"/> Remove all jewellery and body piercings                          | <input type="checkbox"/> Bring your glasses or contact lens case                                       |
| <input type="checkbox"/> Leave all valuables at home                                      | <input type="checkbox"/> Bring a change of clothes for patients under 8                                |
| <input type="checkbox"/> Bring your Medicare Card, Private Health Insurance Card/ details | <input type="checkbox"/> Incontinent patients must bring a change of clothes and extra continence aids |
| <input type="checkbox"/> Bring your medication  |  |