



Preoperative Instructions

Please inform your surgeon/anaesthetist if:

1. You are taking prescription and non-prescription medications
 - a. Do not stop taking prescription medication without being informed by the surgeon/anaesthetist
2. You are pregnant
3. You are breast feeding
4. There is any change in your medical condition or you become unwell
5. 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

- a. To reduce the risk of complications it is recommended that patients stop smoking at least two weeks prior to surgery.
- b. 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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| ☐ Remove all make up and nail polish | ☐ Bring a book, magazine or music and headphones |
| ☐ Remove all jewellery and body piercings | ☐ Bring your glasses or contact lens case |
| ☐ Leave all valuables at home | ☐ Bring a change of clothes for patients under 8 |
| ☐ Bring your Medicare Card, Private Health Insurance Card/ details | ☐ Incontinent patients must bring a change of clothes and extra continence aids |
| ☐ Bring your medication | |

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