

Surgery



**This booklet is designed to give you
information about having surgery**

*We hope that it will answer some of your questions while
you are waiting for your surgery*

What happens next?

The Doctor in clinic has recommended that you need surgery. They have completed a surgical waitlist form and today in clinic we have asked you to complete a health questionnaire.

The information on this form helps us to understand your health status.

If your blood pressure was elevated at clinic we may have asked you to see your GP to have this better managed prior to your surgery. It is important you see your GP as soon as possible so this does not delay your surgery.

The fitter you are before surgery, the faster you recover. While you are waiting for your surgery look after yourself by eating plenty of fruit and vegetables. Try and reduce the amount of alcohol you drink and get some regular exercise.

If you smoke we strongly advise you to stop smoking before your surgery. Stopping smoking will shorten your recovery time, give you more energy and reduce the risk of complications. If you need help with stopping smoking please contact your GP or talk with the nurse or pharmacist in hospital.

Some patient's require an enema prior to their surgery which we will have given you today in clinic. This is for use **on the day of your surgery** not on the day of your pre-admission clinic appointment.

We understand that you are anxious to receive a date for your surgery as soon as possible. The length of time you are waiting for your surgery does depend on the type of surgery you are having and the reason you require surgery.

You can expect to receive notification from the hospital in regards to coming into hospital for a preadmission clinic appointment. At times the preadmission appointment may be able to be done as a phone assessment depending on the type of surgery you are having and your general health.



Pre-admission clinic

In order to prepare you for your operation we require you to attend a pre-admission clinic at the hospital. The reason for this clinic is to give you an up to date medical check to assist in your care during your operation and recovery. It is important that you bring any medications you are currently taking to this pre-admission clinic.

During the pre-admission check you may be seen by the Anaesthetist (the person responsible for putting you to sleep for your operation) and a Nurse who will provide instructions and education regarding your surgery. If you are having surgery at Auckland City Hospital you will also see a Doctor and a Pharmacist.

The length of this clinic appointment depends on whether your surgery is at Auckland City Hospital or Greenlane Clinical Centre.

As part of the pre-admission check it may also be necessary for you to have some tests. These tests are carried out to ensure you are at an optimum level of well-being for your surgery and all your needs can be met.

Waiting for surgery

These may include:

- Blood tests
- Urine tests

You may receive forms for these tests prior to your appointment. It is important that you have these done at your local laboratory. If you don't receive the forms in the post the tests will be done at the time of your pre-admission.

- ECG (tracing of the heart) – this is a recording of the electrical activity of your heart. You will be asked to lie flat while some special conducting labels are attached to you and ask you to lie still while the recording is taken.

You can eat and drink normally before coming in for this appointment.

We encourage you to bring a support person with you to this appointment.

When will my surgery be?

The surgical booker liaises with the surgeon to decide when your surgery will be. Sometimes we will know this when you come into Pre-admission clinic otherwise you will be informed of a date within approximately two to four weeks of your Pre-admission Clinic appointment.