

This information is designed to provide you with some information about the Surgical Admissions Unit to make your experience with us as pleasant as possible.

## Before you come to hospital

- You will be contacted by the hospital between 2-4pm the day before your surgery for a final check and instructions. If your surgery is on a Monday, you will be contacted on the Friday before. Phone (04) 8060962 if you have not heard from the hospital by 4pm.
- Make sure you can be reached by phone.
- Please have a bath or shower the morning of your surgery.
- **If you are having day surgery it is important that you have organised a ride home as it is not safe for you to drive.**
- **You must have a responsible adult to stay with you overnight for your safety.**
- **If these arrangements have not been made your surgery may be cancelled.**
- If you are a breastfeeding mother, please ask for advice about how to manage breastfeeding around your procedure. Telephone the Lactation Consultants on (04) 806 0897 or (04) 806 0896 between the hours of 8.30am – 5.00pm Monday - Friday.

## Eating and drinking

***It is important for your safety to follow these eating & drinking instructions carefully - otherwise your surgery or procedure could be delayed or cancelled.***

It is important to stop eating and drinking at the correct times. ***Early enough to allow your stomach to be empty but late enough to keep you hydrated.***

## If you are due for your surgery or procedure on a morning or all day list

- Stop all food (including milk) from **2am** (the night before)
- After **2am**, continue with just water until **6am**. If still awake it is safe to drink one glass or cup of water per hour. An easy idea is to have a glass or cup of water after you wake up, and have it finished by **6am**
- Then nothing at all by mouth after **6am** - no liquids, chewing gum, sweets or lollies.

## If you are due for your surgery or procedure on an afternoon list

- You can have a light breakfast (such as toast, cereal, fruit, milk, tea, coffee) the morning of your surgery or procedure, but it must be finished by **6.30am**. ***Not fatty or fried food.***
- After **6.30am**, continue with just water until **10.30am**. It is safe to drink one glass or cup of water per hour. Have your last glass of water finished by **10.30am**.
- Then nothing at all by mouth after **10.30am** - no liquids, chewing gum, sweets or lollies.

## Taking medicines and pills

**If you have been given special instructions about some medication, please follow those instructions otherwise:**

Take all your routine medication by mouth within the time you are allowed to drink water. If you find you have to take something (or are asked by medical or nursing staff to take something) that might be less than 2 hours before your procedure, you may take sips (up to 30mls) of water to help swallow tablets.

## Special Instructions

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### Things to bring with you

- Your medicines and tablets (in original packets if possible).
- Relevant X-rays if you have them.
- Your health passport (if you have one).
- Toiletries.
- Nightwear if staying overnight.
- Adequate loose warm clothing to wear after your operation on the ward and home.
- A book or magazine to help you pass the time while you wait.
- Electronic devices such as Cellphones, IPods, IPads, Laptops, & Portable DVD Players are permitted in some areas of the hospital. Such devices are brought in at owners risk. Please check with staff in the area before using these. Please be mindful of others around you.

### Things to leave at home

Please leave money, valuables, jewellery or body piercing jewellery at home.

A Religious medal or body taonga that you do not want to leave at home could be given to your support person for safe keeping. Or you can ask for it to be taped close by you during surgery.

### Things you must do

- If you start to feel unwell before your surgery; Phone (04) 806 0962 between 7am – 5pm or (04) 806 0982 after 5pm for advice.
- If you feel there is a reason for not keeping your surgery date:  
Phone (04) 806 0962 between 7am – 5pm or (04) 806 0982 after 5pm for advice
- Dress in warm clothing and keep warm on the day of your surgery, as this will help with your recovery.

### Some things not to do

- Do not wear face make-up or nail polish
- Do not apply lotions, perfumes, hair products or powders.
- Do not come in with wet hair on the day of your surgery.

### Smoking

- Smoking is not allowed in the hospital or on the hospital grounds.
- If you smoke, stopping at least 48 hours before your surgery reduces the risk of breathing problems and helps with quicker recovery. If you cannot stop smoking, cutting down will help.

If you would like help to quit or to reduce the amount you smoke, you can:

- Request referral to the Capital and Coast DHB Smoking Cessation Service
- Talk to a doctor, nurse or midwife.
- Phone Quitline, Aukati Kaipapa, or Pacific Smoking Cessation on;
  - Quitline: 0800 778 778
  - Aukati Kaipapa 0800 926 257
  - Pacific Smoking Cessation 04 237 8422

### On the day of your surgery

#### Checking In

Check in at the main reception desk in the atrium at the time given. The reception desk is just inside the main entrance of the hospital from Riddiford Street. When coming in from the underground car park lifts (the orange lift is the closest) it is on Level 2.

Staff at the desk will check that your details are correct and then they will show you the way to the Surgical Admissions Unit.

**Your reporting time is the time we require to prepare you for your operation not your actual operation time.**

You will be assigned to a nurse. You will be taken to a private room where the pre-surgery checks will be carried out.

#### Safety checks

Several people will ask you to state your name and date of birth. This is to be sure you are the right person having the right operation.

You will be asked questions about your health, medications, and any other information required before your surgery. You will have your temperature, blood pressure and heart rate taken, and a height and weight measurement. (If

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no recent observation measurement has been recorded).

When required your surgeon will mark the operation site or side on your skin before the operation. You and your support person can check it is where you are expecting. This is to be sure you have the right procedure at the right place on your body.

It is recommended that women of child bearing age are offered a pregnancy test prior to any surgical procedure. With some surgeries there would be serious risks to the unborn child. The nursing staff will discuss this further with you on the day of your admission.

### **Can I bring family to Hospital with me?**

Yes, it is a good idea to ask a member of your family or whanau or a close friend to come and wait with you before your operation. You can ask your support person to be present for the pre-surgery checking processes.

**For safety and privacy reasons visitors are not permitted in the Operating Theatre or Recovery (Post anaesthesia Care Unit - PACU) areas.**

### **What happens after my operation?**

After your surgery you will go to recover in Post anaesthesia Care Unit (PACU) and stay there for a while as you start to wake up. The nurse looking after you will make sure you are safe and comfortable.

When you are fully awake, you will be moved to Second Stage Recovery (SSR) if you are going home the same day or staying for one night. Second Stage Recovery is on the same floor as the Surgical Admissions Unit.

If you are requiring a ward stay, you will be moved onto a bed after your surgery in Theatre, and transferred on your bed from PACU to the Surgical Ward. Your belongings will remain with you for the duration of your time in the perioperative and post-operative unit. Meals will be provided for your stay in the Surgical Ward.

## **Transport**

### **Can I drive myself home?**

**NO.** Because you had an anaesthetic, **you must** have a responsible adult to take you home and remain with you overnight.

**It is important to let nursing staff know before your surgery if you have concerns about transport or help at home.**

### **Can I use public transport to get home?**

**NO.** Because you had an anaesthetic, **you must** have a responsible adult to take you home and remain with you overnight.

There are only 1-2 surgeries when using public transport would be ok. It is best to avoid any problems by having a responsible adult to take you to and from hospital.

**It is important to let nursing staff know before your surgery if you have concerns about transport or help at home.**

## **What else should I know about after my anaesthetic?**

You should not make any important decisions, sign documents, drive a car or operate dangerous equipment, for 24 hours after your surgery and anaesthetic. Your nurse or doctor will discuss these things with you and tell you how much you will be able to do when you get home. He/she will also advise you about your medications.

### **Will my surgery happen on time?**

We will do everything we can to ensure that you have your operation at the time you are expecting.

There could be a delay, or your operation may need to be changed to another day if an earlier operation takes longer than expected.

If there is a short delay, you may need to wait longer in the waiting room. If your operation needs to be changed to another day, a new date and time for your surgery will be arranged as soon as possible. This new date and time will be sent out to you in the mail.

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### **Where can we park the car?**

The Main car park is underground beneath the Regional Hospital Building off Riddiford Street (Level 1). Parking is charged and paid at the machines in the lift access areas on Level 1 before leaving. You should allow plenty of time to park.

### **How was this experience for you?**

If you wish to make any comments or suggestions regarding your visit please fill in a feedback form or speak to a member of staff.