

## Preparing for your Hospital Procedure

This sheet explains what will happen before your procedure and how your doctors and nurses take steps to make sure that everything goes as planned.

### **At the time of your consultation**

Review the information on the consent form before you sign it and ask if you are unsure about anything.

Here are some good questions to ask to better understand your procedure:

- What is the name of the procedure that will be done?
- What are the risks of this procedure?
- What is likely to happen if I don't have the procedure?
- About how long will it take to recover after the procedure?

### **A few days leading up to your admission**

- If there is any change in your general condition between now and the day of surgery, eg cold, fever, please contact us
- Do not eat or drink anything within the six hours before the scheduled time of your operation. A light meal and no alcohol is recommended the evening prior to surgery

- Do not smoke for at least 12 hours prior to the surgery
- Arrange for someone to take you home following surgery. The staff at the Hospital will assist you by estimating the time of your departure and will notify your friend / relative when you are ready

### **The hour prior to your procedure**

- It is important for you to tell your doctor about the medicines that you are taking and any allergies that you may have. Have this information with you and show your doctor
- The doctor or another member of the team may need to make a mark with a pen on the part of your body where the procedure will happen. The doctor will sign their name or initials, or make an 'X' or 'Yes' mark on the correct body part
- A number of times before the procedure, a doctor or nurse will ask you to say your name, date of birth and the part of your body that will be treated or examined. Don't be alarmed by these questions; the staff know who you are. This is how they make sure they have everything right
- Just before the procedure begins, everyone in the treatment room will take a short time out and check for the last time that they have the right patient and are doing the right procedure on the right body part. The doctors and nurses do this to ensure that everything goes as planned for your care

### **After Surgery**

- Staff will explain post op instructions prior to leaving hospital
- Do not drive a motor vehicle, operate dangerous machinery or make important decisions for 24 hours after your procedure

- A light meal is eaten as tolerated or as advised by your Surgeon after surgery
- Take medications or drugs as prescribed by your doctor
- It is vital that you should rest for at least 12-24 hours and arrange for someone to stay with you whilst you are home after surgery, in case you require assistance

Should you become worried about anything please contact us immediately.