

## **INFORMATION REGARDING YOUR BOOKED SURGICAL PROCEDURE**

### **ADMISSION FORM**

Complete the admission form and book into hospital as soon as possible. Depending on what hospital you are having the procedure at, you may have the option of doing an online admission. Please follow the instructions in relation to this. You can only book in online for the private hospitals and not John Hunter Hospital, Belmont, Mater or Cessnock. Please **DO NOT** post the admission form, hand deliver it to the appropriate hospital.

### **MEDICATION CHECK LIST:**

*The following medication list is a guide only to the medications you cannot take prior to your procedure.*

**WARFARIN, HEPARIN, PLAVIX, CARTIA, ISCOVER, ASTRIX, CLEXANE, CELEBREX, XARELTO, FORXIGA, QTERN, XIGDUO, JARDIANCE, GLYXAMBI, JARDIAMET, STEGLATRO, STEGLUJAN, SEGLUROMET, INVOKANA, VOKANAMET**

*Your surgeon will advise if you are to cease taking certain medications and the time frame to cease taking them. If you are on ASPIRIN you do not need to cease taking this. If you did not tell your surgeon that you are taking any of the above medication you need to phone the rooms for further instruction.*

### **YOUR ACCOUNT FOR THE OPERATION/ NO GAP SERVICE:**

All the surgeons in this practice do **NO GAP** which means there is not an out of pocket expense for the surgeon's fee if you are **fully covered with your health fund**. Please call your health fund to ensure you are fully covered for your procedure.

**If you are advised you are not covered for your procedure by your Health Fund, it is important that you contact us ASAP as you are responsible for the fully payment of all the accounts for the hospital, the surgeon's fee and the anaesthetist's fee (see below for more information).**

### **QUOTES FOR PROCEDURES for uninsured patients wanting their operation done in a private hospital**

If you do not have private health insurance and would like a quote for your procedure in a private hospital, please contact us and a quote will be provided for the surgeon's fee. It is your responsibility to contact the anaesthetist and the relevant hospital for their fee. Their contact information will be in the quote we provide to you along with the relevant item numbers for your procedure. If you accept the quote the surgeon's fees are payable in advance before your procedure.

### **POST-OP APPOINTMENT:**

You will be advised on discharge from hospital when/if you need to come back for a post-operative appointment. Please telephone **immediately** on discharge to make this appointment to ensure you have your appointment in the appropriate time frame. If you are having a colonoscopy the surgeon will write to you with your results. This will be noted at the bottom of the procedure report if this is the case. **Please note that it can take up to 14 days for your pathology results to come through.**

### **PATHOLOGY / X-RAY AND PHARMACY ACCOUNTS:**

You may receive an account for pathology tests (eg blood tests) x-rays or scans or an account from the hospital pharmacy for any medications prescribed whilst in hospital. Please direct any enquiries regarding these accounts to the relevant provider (ie where the account came from).

### **DISCHARGE INSTRUCTIONS following IV sedation or general anaesthesia**

Before leaving the hospital make sure you have the following:

- Post-op instructions
- Prescriptions for pain relief
- A responsible adult to drive you home and stay with you for 24 hours
- All your personal belongings

The drugs used in your anaesthetic will persist in your blood stream for 1-2 days and you may be intermittently drowsy.

**For 24 hours after surgery you should not:**

- Drive a car (check with your insurance company as it may be longer than this to cover for an accident)
- Drink alcohol
- Make important decisions such as sign legal documents
- Travel alone on public transport
- Use heavy or hazardous machinery
- Engage in sports, heavy physical activity heavy lifting (ask your surgeon when you can return to the gym)

***Please check with your surgeon or nursing staff prior to leaving hospital if any of these questions are relevant to you:***

- What pain relief can I take and at what dose?
- When do I restart my blood thinner medication?
- Can I shower and get my dressing/wound wet?
- Will my dressing come off naturally or can I remove it at home and when can I remove it?
- Is bleeding normal following my procedure?
- When can I return to work?
- What can I take if I am constipated?
- When can I drive again?
- When can I exercise again?
- Do I need to make a post-op appointment, if so when?

**Seek medical advice from your doctor or hospital emergency department if you notice any of the following:**

- Severe and ongoing abdominal pain, discomfort, distension or being vomiting.
- Persistent or increased bleeding from the rectum (more than ½ cup) or black bowel motions (stool).
- Sharp pain in the throat or chest
- Have a high temperature or fever > 38 degrees celsius
- Get severe discomfort / irritation in your back passage
- Have redness, pain or swelling for more than 48 hours where you had the injection for sedation (hand or arm)
- Any symptom that you think are related to your procedure today and is causing you serious concern

**IF YOU ARE EXPERIENCING ANY PROBLEMS BETWEEN 900AM AND 500PM PLEASE CONTACT THE ROOMS ON 49563244.**

**POSSIBLE AFTER-EFFECTS OF YOUR PROCEDURE:**

Depending on the type of procedure and anaesthetic you had you may experience one or more of the following:

- **Pain due to the procedure:** if you are likely to experience pain as a result of your procedure you will be given pain relieving medications as part of your anaesthetic. The effect of these medications continues in the initial period following surgery. You may also be given a prescription for further painkillers to take home (take as directed on the box).
- **Nausea:** nausea and vomiting are occasionally present after sedation/general anaesthesia. Should this persist cease your pain medication (if applicable) and call your local doctor for management of this problem.
- **Dizziness:** this is common after anaesthesia and when taking painkillers. Move slowly and carefully, especially when standing up from sitting or lying.