

# Day Only Procedures

## Patient information



**BARINGA**  
PRIVATE HOSPITAL

## A POSITIVE EXPERIENCE AT BARINGA

The following information outlines the day's process when having a procedure at our facility.

It is natural to feel anxious about your procedure but it is our wish to make it as comfortable and relaxed as possible.

In day surgery minor operations/procedures are performed under general, local anaesthetic, sedation or in some cases a combination. The procedures do not take a long time and you do not need to stay overnight.

### PRE-ADMISSION

Your doctor will have discussed your operation/procedure with you and will have asked you to sign an Informed consent and given you a date for your admission.

To help our facility to prepare for your arrival please return the following to us at least 7 days prior to your admission date. Our pre-admission nurse will review them and may contact you for further information if necessary.

- Completed Informed Consent form
- Patient Health Questionnaire (which you need to complete in full)

Your doctor may have given you forms for a blood test and/or x-rays to be attended. These will need to be attended as soon as possible so that any abnormalities can be investigated prior to admission. Please advise pathology of your admission date.

***If you are on any blood thinning medications or medications for arthritis or alternative health products, discuss with your doctor as you may need to cease your medications at least 10 days prior to your procedure.***

### ADMISSION DAY

**Please bring with:**

- Your admission letter and completed Informed Consent (if not already left at the admission office)
- Patient Health Questionnaire (if not already left at the admission office)
- X-ray's and other test results as instructed by your doctor.
- Your medications in an appropriate labelled container
- A list of medications
- A book or magazine if you wish

When you arrive your paperwork will be attended to by our reception staff. You will then be escorted to your room

and the hospital facilities explained.

The nurse will review your Patient Health Questionnaire. You will have identifying arm and legs bands applied. Your vital signs will be attended and if you are a person with diabetes your blood glucose will be recorded.

Prior to your procedure and you will have a shower and dress in the provided theatre gown with the opening to the back and then rest.

## YOUR RESPONSIBILITIES

To help provide you with a safe and efficient service please be aware of the following:

- If you are placed on the morning list you must not eat or drink after midnight
- If you are placed on the afternoon list you may have a light breakfast of tea and toast prior to 6.00am or as advised by your doctor
- Take your usual medications with a sip of water unless otherwise advised by your doctor
- DO NOT smoke 12 hours prior to your procedure
- DO NOT wear make-up nail polish or jewellery
- Arrange for transport home

***Persons with diabetes should not take their morning insulin/tablets but should bring them in with you.***

## AFTER YOUR PROCEDURE

On return to the ward you may feel slightly drowsy for a short time and you may have an intravenous drip in your arm. This will be removed when you have had something to eat or drink.

When you have sufficiently recovered and have been seen by your doctor you will be discharged home. A responsible adult must accompany you home and be able to care for you overnight.

For the next 24 hours a small amount of anaesthetic may be circulating around your body therefore you **MUST NOT**

- Drive a vehicle
- Operate machinery
- Drink alcohol
- Take sedatives unless prescribed
- Sign any legal document or make important decisions

**If you have any difficulties or concerns contact your doctor or Baringa.**



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