

Planning for Surgery

Information for patients



Welcome to Concord Hospital

This brochure provides important information about having surgery at Concord Hospital. Please read this carefully as it will assist you with being well informed, and well prepared.



Further information is available from the Admissions Department:

phone (02) 9767 6855 or
email SLHD-concordadmissions@health.nsw.gov.au

Being fit for surgery

To optimise your postoperative recovery, it is important that you are as fit as possible before you have your anaesthetic and surgery. In many cases there is time to make sure your health is as good as it can be before your date of surgery. Regular exercise and weight loss before surgery may help you recover more quickly.

As soon as your surgery is planned, please attend to the following:

1. Make an appointment to see your local doctor (General Practitioner) to check that:

- Your specialist reviews are up-to-date (e.g. cardiologist, respiratory physician)
- Your health conditions are well managed (diabetes mellitus, hypertension, heart or lung disease)

2. Complete the Pre-Procedure Health Questionnaire:

This important document allows hospital staff to properly prepare for your admission, and should be completed and returned to the hospital as soon as you know you need surgery. It can be found online at slhd.nsw.gov.au/concord/PDF/Pre-Procedure_Health_Questionnaire.pdf

If you would like a paper form to be mailed to you, please telephone the Admissions Department on (02) 9767 6855.

3. Stop smoking

Smoking increases the risk of serious heart, lung and wound infection complications after surgery. Stopping smoking before surgery can reduce this additional risk. Best results are seen when you can stop smoking six weeks before surgery, but stopping as little as 24 hours before surgery can have a beneficial effect.

Advice is available on the NSW Health website at health.nsw.gov.au/tobacco/Pages/services-to-help-you-quit.aspx

Medications and surgery

Some medications need to be stopped or have their dose adjusted before surgery. These may include, but are not limited to:

- Anticoagulants/blood thinners (e.g. warfarin, apixaban, dabigatran, rivaroxaban, clopidogrel, ticagrelor, aspirin)
- Anti-inflammatory medications
- Diabetes medications (specifically SGLT2-inhibitor medications such as dapagliflozin and empagliflozin)

Please speak with your surgeon or local doctor about whether you need to stop any of these medications or have their dose adjusted. If you are attending the Pre-admission Clinic before your surgery, this information can be provided during that visit. Please bring your medications with you to the Pre-admission Clinic appointment and to the hospital on the day of surgery.

Fasting before surgery

Serious complications can occur if you have had food or drink before anaesthesia and surgery. You must not have anything to drink or eat (other than water) in the six hours before your admission time. You may have a light meal six hours before admission time if you wish. During the fasting period small amounts of water are permitted (maximum one cup per hour). Please stop drinking water two hours before your admission time.

If you have been advised to take your medications on the day of surgery, you are permitted to take these with a sip of water, even during the period of fasting.

If you have diabetes mellitus, please check your blood sugar (glucose) level during the fasting time. It is important that your blood sugar does not become too low (hypoglycaemia or 'hypo') whilst you are fasting. If you experience hypoglycaemia before you arrive at hospital, please drink a small cup of clear apple juice to raise your blood sugar. In most cases, your operation will still be able to proceed.

Admission time

Your admission time will be known on the afternoon of the working day before surgery. Please telephone (02) 9767 7631 between 3.30pm and 7pm on the working day before surgery. If your surgery is on a Monday, please ensure you call on the Friday before.

On arrival to hospital on the day of surgery, please check in at the Main Reception desk in the front foyer of the hospital.

What to bring to Hospital

Please bring:

- Your Medicare card, health insurance fund details
- Pension card, veterans entitlement card (if applicable)
- Your current medications
- Relevant x-rays or scan and test results
- Glasses, hearing aids, and please wear any dentures
- Night-wear, slippers and toiletries if you are staying overnight
- A book to read whilst you are waiting for your operation

Please wear clothing that is easy to remove, as you will be asked to change into operating theatre attire for your procedure. Nail polish and body piercings should be removed before admission. Please do not bring valuables including jewellery or large amounts of money.

Going home after surgery

1. Day surgery

Many operations are performed as day surgery where you can go home after the operation. If you have a general anaesthetic or sedation, you must arrange for a responsible adult to accompany you home and stay with you overnight. You should not drive, operate machinery or make important decisions until at least the next day after your anaesthetic. Please ensure you arrange your transport including escort home before the day of your surgery. Once home, you will be contacted by nursing staff the following day to check on your progress. If you experience any problems after discharge, or if we are unable to contact you, please telephone Day of Surgery Admissions Centre (DOSAC) on (02) 9767 6212, or the Emergency Department on (02) 9767 6090.

2. Staying overnight

If you need to stay one or more nights in the hospital after your operation, you will either stay in the DOSAC or be transferred to the general hospital wards after your operation. Your medical, nursing and allied health team will continue to review you until you are ready for discharge. You will be advised by your team of your planned discharge day. Discharge time is 10am, so please arrange your transport for that time. If you are waiting beyond 10am, you may wait in the Discharge Lounge on the lower ground floor of the hospital, where nursing staff can care for you until your transport is available.



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Compiled by:

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