



ST GEORGE'S HOSPITAL

DAY SURGERY

Day Surgery

St George's Hospital welcome you as a day surgery patient. Staff will do everything they can to ensure that your stay is as comfortable as possible. The length of stay will depend upon the procedure and type of anaesthesia that you require. You will need to allow approximately half a day, the admitting clinician will provide further guidance.

Admission

- The clinician (surgeon/physician) will make the necessary arrangements for your admission to St George's
- You will be given an admission form to complete – please submit the form at least three days before the planned admission date so that your booking requirements can be processed
- Please follow the clinician's instructions in reference to eating prior to your procedure. If a 'nil by mouth' from time is provided it is important that you do not eat or drink after this time.
- The clinicians involved in your care will see you at St George's before your procedure
- Patients undergoing procedures at the Cardiology Day Unit should refer to the specific information in your admission folder.

Preparing for your procedure

- Please phone the day surgery reception on 03 375 6010 after 8am the day before your procedure: We will let you know when to arrive for admission
- For procedures scheduled for Mondays please phone on the Friday prior
- If you are a smoker it is advisable not to smoke for at least 24 hours before your procedure
- Please bathe or shower on the morning of your procedure
- If you think you may be pregnant, you must inform the clinician and day surgery staff
- If you develop a cold, sore throat, or other illness between seeing the clinician and your admission date please contact the clinician's rooms for advice
- Children must be observed to ensure that they do not eat for six hours before their admission. Before this - clear fluids or water may be taken up to four hours before the procedure (please check with reception staff when you call).

What to bring

- Please do not bring any valuables or money into the hospital. St George's cannot accept responsibility for loss of personal property
- **A printed list of current medications from either your GP or pharmacy. This is a mandatory requirement** (you can attach the list to your admission form, fax to us or bring it with you)
- Your current medication/s in their original packaging
- Any alternative, non prescription, herbal, or Rongoa Maori medications that you are taking
- Unless otherwise advised by the clinician **DO NOT** take any anticoagulants (Warfarin/Heparinoids) anti-inflammatory drugs including aspirin, diuretics (fluid pills) on the day of surgery. **PLEASE DISCUSS WITH THE ADMITTING CLINICIAN.**
- Bring glasses, lenses, hearing aids, or dentures if you use them
- Please dress comfortably and casually in loose fitting clothing
- Gowns will be provided for your procedure
- Wear as little make-up as possible and remove nail varnish (if possible)
- Children should bring pyjamas and a favourite toy.



Car parking

- Drop off & pick up will only be available at the front of main reception
- Parking is available for all visitors on-site from the Heaton St entrance. The car park building (entrance off Heaton St) is open Monday to Friday only
- Parking charges apply for any stay longer than 30 minutes
- Pay stations are located on the ground floor of the Cannon Wilford Wing beside the lifts & in Leinster Chambers in the foyer. **Please ensure you authenticate your ticket to exit by using one of the pay stations.**

After your procedure

- After your procedure you will be taken to the recovery room (or cardiology day unit ward)
- When you are fully awake and comfortable, you may change back into your own clothes and relax in stage two recovery prior to discharge home. When you are ready to go home a staff member will assist you to contact the person you have nominated to collect you and take you home.

Discharge

- The nurses will discuss the following with you:
 - Written instructions for your discharge care at home
 - Your medications and/or discharge prescription
 - Instructions to arrange your follow up appointment with the surgeon/physician's rooms (you may receive an appointment card prior to discharge)
 - The requirement for an adult to accompany you home and someone to stay with you for the first night following your procedure.

*Please note that for the first 24 hours after an anaesthetic you must **NOT**:*

- Drive a motor vehicle
- Operate machinery
- Eat a heavy meal
- Drink alcohol or take sleeping pills
- Make important decisions.



Medical insurance claims

- St George's Hospital accepts all medical insurances including those covered by Southern Cross
- St George's Hospital is also a Southern Cross affiliated provider
- It is possible in most cases to obtain prior approval for your hospitalisation from your insurance company. This enables them to pay the service providers directly rather than you paying first and having to claim a refund.

Explanation of charges

- Depending on how your procedure is being funded you may receive separate invoices from:
 - The hospital
 - The admitting clinician
 - The anaesthetist – if applicable
- Internet banking, EFTPOS, cheques, Visa and Mastercard are all accepted
- If you require any further information please telephone 03 375 6010 and our staff will be happy to assist you.

Day surgery

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