



Government of **Western Australia**
North Metropolitan Health Service
Women and Newborn Health Service



Day Surgery Unit

Patient information



Information for patients

Arrangements have been made for your admission on _____

Day Surgery Unit hours are:

Monday–Friday, 6.30am–9pm.

If for any reason you need to cancel your admission, please ring the bookings clerk weekdays between 8.30am–4pm on (08) 6458 1309 as soon as possible.

Arrival time

Please call the Day Surgery Unit on **(08) 6458 1459 between 5pm–6pm** the evening before admission. Staff will confirm your admission time and advise whether your surgery is in the morning or the afternoon.

If your surgery is scheduled for a Monday, please call between 5pm–6pm on the Friday before.

Where to go

Enter the hospital by the front entrance on Bagot Road and take the lifts in the front foyer to the second floor. Turn left and follow the signs to the Day Surgery Unit.

Parking

There are three short-term parking bays immediately outside the main entrance of the hospital. These are only for picking up and setting down patients.

For longer periods of time, the Subiaco No. 9 Council Car Park next to the Subiaco Arts Centre is a convenient place to park. This is a ticketed car park.

There is often two-hour street parking available in the area. However, please observe the parking signs and times or you will incur a fine.

Transport arrangements

You will need to be collected by a responsible adult who will be able to stay with you overnight. If you live alone, or without adult assistance, please arrange for a friend to collect you and stay with you overnight.

You will **not** be able to leave the Day Surgery Unit unaccompanied.

Fasting

If your surgery is in the morning (usually 6.30am admission):

- Do not eat after midnight the day before the surgery (including chewing gum and lollies).
- You may have water only from midnight until 6am on the day of your surgery.
- From 6am on the day of your surgery, you must have **nil by mouth**.

If your surgery is in the afternoon (usually 11am admission):

- You may have a light breakfast (tea and toast) by 6am on the day of your surgery.
- You may then have water only from 7am–11am (no chewing gum or lollies).
- From 11am on the day of your surgery, you must have **nil by mouth**.

It's best to become smoke-free six to eight weeks before your surgery date. Shorter periods of quitting smoking can still benefit your heart and lungs, lower your blood pressure and strengthen your immune system. After surgery it is important to give your body plenty of time to heal, recover and rest. You will give yourself the best chance for a quicker recovery by not smoking or vaping after your surgery.

General preparation

- **Do not** shave, wax or use hair removal cream on your bikini area in the three days before surgery.
- Please shower or bathe before you arrive for admission.
- If you are having a laparoscopy, ensure your navel is clean.
- Wear comfortable, low-heeled footwear and loose clothing.
- Bring a bag to put your clothes in (lockers provided).
- **Do not** wear make-up, lipstick, nail polish or jewellery (wedding ring is OK).
- Buy pads **before** you come in, in case post-surgery bleeding continues when you go home.

Valuables

Do not bring valuables. The hospital will not accept responsibility for the loss of, or damage to, any property left in the ward.

Medication

Most of your regular medications will be continued on the day of surgery unless otherwise instructed by your doctor. Tablets may be taken with a mouthful of water.

Bring your medication to hospital with you (eg: asthma puffer, blood pressure tablets). If you are unsure whether to take your usual medication, wait and ask the doctor/nurse when you arrive at the hospital.

Before you come in, ensure you have paracetamol at home in case you need it.

Cold/illness/COVID-19 symptoms

Contact the bookings clerk on (08) 6458 1309 if you develop a cold, illness or COVID-19 symptoms prior to your surgery. Please do not attend (including your support person) if unwell to protect patients and staff.

In some cases, it may not be possible to have your surgery if you have your period. Follow any special instructions given to you by your doctor.

Relatives and friends

There are no facilities for visitors at the Day Surgery Unit, so please do not arrange for anyone other than your nominated adult to drop you at the unit and collect you.

Arrangements can be made for breastfeeding babies. However, you will need to organise your own babysitter during your hospital stay.

The day of your surgery

It is important to be on time to avoid delays to surgery. Occasionally, delays of several hours may occur due to emergency cases.

On arrival in the Day Surgery Unit, the admissions clerk will check your details. You will be given a hospital gown to change into. You may be visited by the anaesthetist if you have not previously seen one. Prior to the surgery, you will wait in an area with a TV. You may bring a book if you wish.

When it is time for your surgery, specially chosen, short-acting anaesthetic drugs will be given to you so the quickest and most comfortable recovery is possible.

After surgery

You will wake up in the recovery room. When you are fully awake, you will be moved to the Day Surgery Unit on a day bed. Once you are feeling comfortable enough, you can sit up in a lounge chair. Nursing staff will give you drinks and a light snack as soon as you are ready.

Discharge is usually two to four hours after your surgery. You will receive post-operative instructions prior to your discharge.

Please read them carefully and follow the directions given. Staff will be happy to answer any questions you may have.

Please note: Patients are not permitted to leave the Day Surgery Unit unaccompanied. A responsible adult is to supervise the patient the night after surgery.

Hospital contact _____



Women and Newborn Health Service

King Edward Memorial Hospital

📍 374 Bagot Road, Subiaco WA 6008

☎ (08) 6458 2222

🌐 kemh.health.wa.gov.au

This document can be made available in
alternative formats on request.

