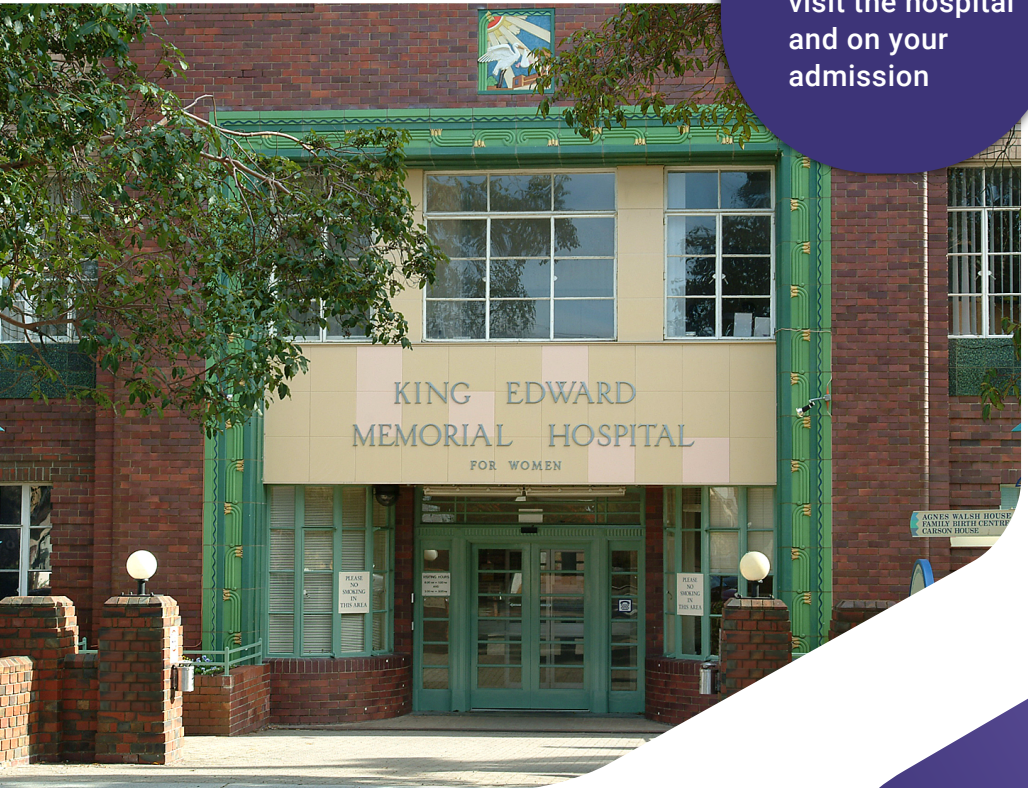




Government of **Western Australia**
North Metropolitan Health Service
Women and Newborn Health Service

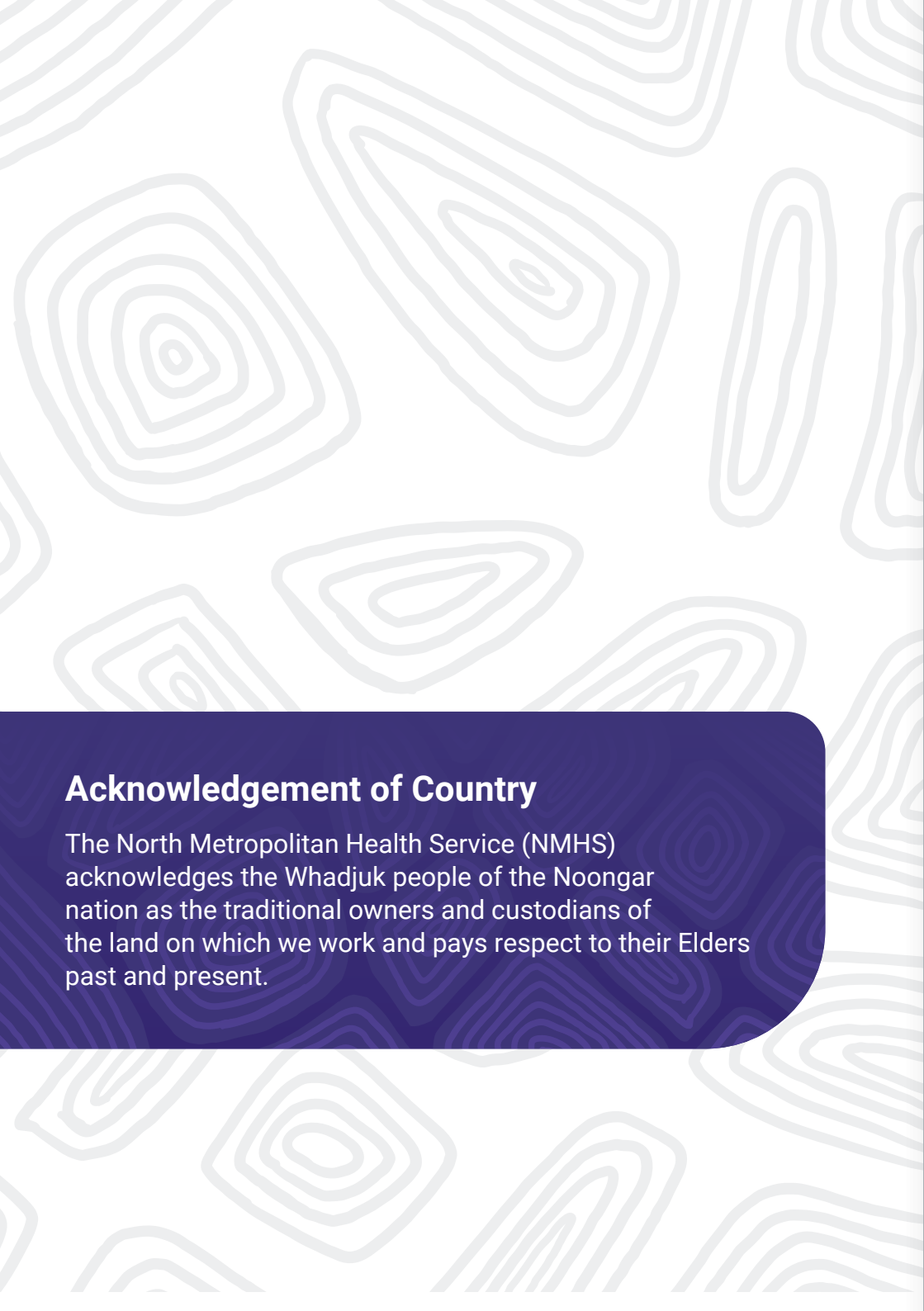
Please bring me
each time you
visit the hospital
and on your
admission



Having a procedure

Endoscopy • Gynaecology
Gynaec oncology • Urogynaecology





Acknowledgement of Country

The North Metropolitan Health Service (NMHS) acknowledges the Whadjuk people of the Noongar nation as the traditional owners and custodians of the land on which we work and pays respect to their Elders past and present.

Contents

Admissions	4
Tell us about yourself	6
Parking and public transport.....	8
Get ready for your procedure	10
Fasting instructions before your procedure	12
Important information	13
Smoking and vaping	14
Chlorhexidine pre-op wash.....	15
Your medicines and your procedure	16
The day of your procedure	17
When can I go home?	18
Your recovery journey	19
Bowel care	20
Wound care advice post-procedure	21
Amenities.....	22
Support services.....	23
8 simple steps to keep yourself safe during your hospital stay....	26
Follow-up	30
When to seek help	31
Contact information	31

Admissions

We are very pleased to be looking after you for your approaching procedure, which is booked for _____.

It is anticipated your length of stay will be _____ nights.

Please have requested blood/urine tests done at your nearest Pathwest Collection Centre by ____/____/_____.

While every effort is made by King Edward Memorial Hospital (KEMH) to ensure your surgery will proceed, there may be a need to reschedule on the day following your arrival. This is only ever due to circumstances beyond our control, such as unexpected complications for patients having surgery before you. In the event your surgery needs to be rescheduled you will be given the opportunity to discuss this with senior staff.

Admission times

To confirm the arrival time for your procedure, please call the Day Surgery Unit on (08) 6458 1459 between **5pm and 6pm** the evening before.

If your procedure is on a Monday, you will need to call on the Friday before your procedure between **5pm and 6pm**.

If you have any other questions about your procedure, please call the Pre-Admission Clinic on (08) 6458 1689 between **8am and 4pm**, Monday to Friday.

If you are unwell the day before your procedure, please ask to speak to the nurse or midwife when you call and let them know.

Where to go

Enter King Edward Memorial 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.

If you've been told you are a direct admission to the ward, please check in at Emergency Centre/Admissions first. Once you've completed this step, the staff will direct you to Ward 6.

Relatives and friends

Please note: the Day Surgery Unit is a small busy area with no facilities for visitors. Staff will endeavour to allow support people but please be aware this may not always be possible.

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

Visiting hours

Visiting hours are **8am to 8pm**.

Patients are encouraged to rest between 1pm and 3pm.

Please bring me each time you visit the hospital and on your admission

Appointments and bookings can be viewed via the Manage My Care app.





Tell us about yourself

If possible, before your admission please provide as much information about yourself and/or your carers as you can using the Patient Health Questionnaire provided.

Tell us if you are having problems understanding the information we provide you so we can help.

Tell us if you are a carer so we can help you better plan your hospital stay.

Please let us know if you need:

- A translator or interpreter (family members cannot be used as interpreters)
 - The National Relay Service, if you have a hearing or speech impairment
 - Support from an Aboriginal health liaison officer
 - To appoint a family member or carer or advocate to speak on your behalf when you are not well enough.
- Please also tell us if you have an Advanced Health Directive, Guardian or Enduring Power of Attorney

Parking and public transport

Limited paid parking is available for patients and visitors near King Edward Memorial Hospital (KEMH). During busy periods, parking can fill up quickly, so it's a good idea to allow extra time before your visit or appointment.

Payment options: Most roadside bays support payment via the EasyPark app, which can be downloaded to your phone. Ticket machines also accept both notes and coins.

easypark

Visit the City of Subiaco website subiaco.wa.gov.au for more details.

ACROD parking

Designated ACROD bays are available:

- At the front of the hospital on Bagot Road (time-limited)
- In the Hensman Road carpark

These are reserved for holders of a valid ACROD disability permit.



Public transport

The hospital is well-connected by public transport and visitors are encouraged to use these services when possible.




• Train stations:

- » Daglish Station – approximately 10 minutes on foot
- » Subiaco Station – around 15 to 20 minutes on foot

- **Bus access:** Buses stop directly in front of the hospital's main entrance.

For routes, schedules, or planning your trip, contact Transperth at 13 62 13 or visit transperth.wa.gov.au.

Key

-  Train station
-  KEMH parking
-  Subiaco parking
-  Hospital
-  Bus stop



Get ready for your procedure

Preparing your mind and body before your procedure helps set you up for a quicker recovery and the best outcome.

It is important that you:

- Know what procedure you are having and have signed your consent forms
- Know the date of your procedure and when/where to arrive at the hospital
- Understand your fasting instructions and know your length of hospital stay.
- Have arranged someone to pick you up from hospital and stay with you overnight.
- Not wear make-up, lipstick, nail polish or jewellery (wedding ring is ok).

If you are unsure or don't understand any of the statements listed above, please contact the Pre-admission Clinic on (08) 6458 1689 between 8am and 4pm, Monday to Friday.

Cold/illness symptoms

If you develop cold or flu symptoms the day before your procedure, please call (08) 6458 1459. If your symptoms develop earlier, please contact the hospital on (08) 6458 2222 and ask to speak to your clinic.

Menstrual cycle

For some procedures if you have your period the procedure will need to be postponed. Follow instructions given by your nurse/midwife or doctor or call the Day Surgery Unit if you are unsure. A pregnancy test may be required during your admission.

What to bring with you

- Medicare and/or private healthcare insurance details
- Medications (in their original packages) that you are taking
- Bring a bag big enough to hold your belongings
- Don't bring or leave jewellery, cash and electronics in your room when it is unattended
- BYO your pillow, water bottle and mug if you want to
- Sanitary pads and toiletries
- Any mobility aids you may use, eg: walking sticks, vision or hearing aids (including spare batteries)
- CPAP machine
- Chewing gum (helps with digestion after your procedure).

Double check your room before you go home to make sure you take all your belongings. Please note: any unclaimed luggage or belongings will be disposed of after four weeks.

Please bring the items above in one small bag and leave your valuables at home.

Electrical equipment, such as a phone charger or laptop, must be safety checked before you use them in the hospital. Please ask your nurse or midwife to arrange this.

Please note there are no facilities available for heating food brought into the hospital.



Fasting instructions before your procedure

To help keep you safe during your anaesthetic, it's important to follow the correct fasting instructions. This ensures your stomach is empty during your procedure, which reduces the risk of vomiting or food getting into your lungs while you're asleep – a rare but serious complication.

Following these instructions also helps keep you well-hydrated and in the best possible condition for your procedure.

Some patients will be given specific instructions or special carbohydrate drinks to take the evening before and the morning of your procedure. Your team will let you know if this applies to you.

If your procedure is in the morning:

- Stop eating solid food from midnight the night before your procedure
- Do not chew gum or suck lollies during the fasting period
- You may drink clear fluids until 6am on the day of your procedure. Suitable fluids include water black tea or coffee **without milk**, clear juice such as apple juice (no pulp) and cordial.

If your procedure is in the afternoon:

- You may have a light early breakfast (such as toast or cereal) before 6.30am
- Do not chew gum or suck lollies during the fasting period
- You may drink clear fluids until 10.30 am on the day of your procedure. Suitable fluids include water black tea or coffee **without milk**, clear juice such as apple juice (no pulp) and cordial.

Please follow any specific fasting instructions given to you by your healthcare team.

Important information

Ozempic, Wegovy, Trulicity and Mounjaro (GLP-1/GIP receptor agonists) are used to treat diabetes or support weight loss. They can slow down how quickly your stomach empties, which may increase risks during anaesthesia.

What you need to do

- Always tell your medical team if you are taking one of these medicines.
- You will be advised to fast for longer. In most cases, **you should not eat any solid food** for the entire day before your procedure, and only clear fluids are allowed.
- If you are given a carbohydrate drink as part of your instructions, you may take it the evening before your procedure but not on the morning - **only water is permitted after midnight.**

Smoking and vaping

It's best to become smoke-free six to eight weeks before your procedure. Shorter periods of quitting smoking can still benefit your heart and lungs, lower your blood pressure and strengthen your immune system. The longer you can go without smoking, the more likely you will be to experience a faster recovery and good results.

Free nicotine replacement therapy (NRT) is available to help you quit in the lead-up to your procedure. Talk to your doctor or nurse for more information.

Combining NRT and support from Quitline (13 78 48) can greatly improve your chances of becoming smoke-free.

We are proud to be a smoke-free site.
Thank you for not smoking or vaping in
our buildings or hospital grounds.



Chlorhexidine pre-op wash

To help reduce the risk of infection, a chlorhexidine antiseptic body wash may be used before surgery. If you have been instructed to use the product, its important to follow the recommended routine below:

How to use the body wash

When to use

- The night before your procedure
- The morning of your procedure

How much to use:

Apply about 20cm (a strip about the length of a ruler) of body wash to each area shown in the diagram

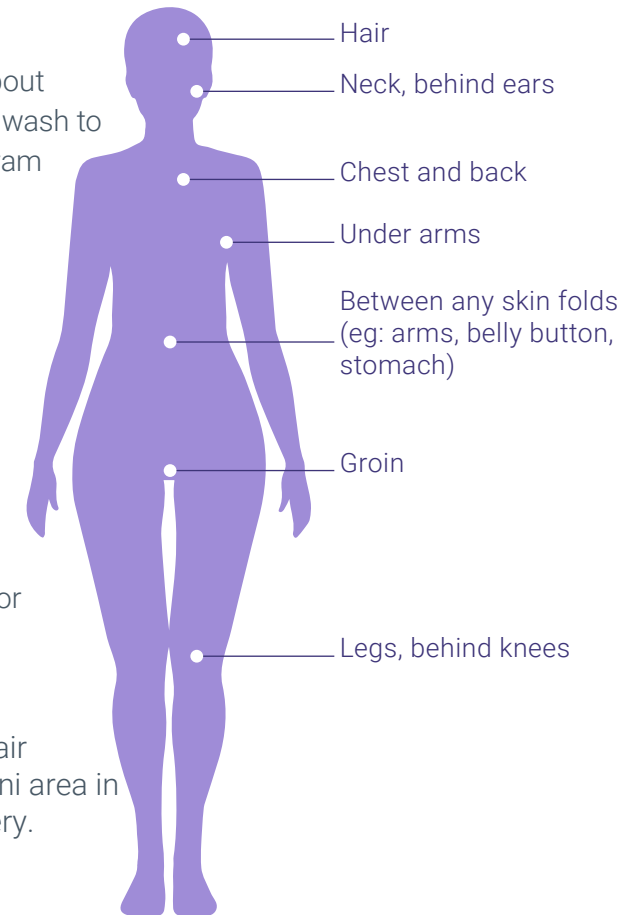
Steps

1. Wet your skin.
2. Apply the body wash to the area.
3. Rub gently for at least two minutes.
4. Rinse thoroughly with water.

Do not use lotions, powders or deodorants afterward.

General preparation

Do not shave, wax or use hair removal cream on your bikini area in the three days before surgery.



Your medicines and your procedure

Some medicines may need to be adjusted, stopped or continued before your procedure. It is very important that your surgical team knows **all medications and substances** you are taking.

Please tell us about **everything** you use, including:

- Prescription medications
- Medicines for **weight loss** or **diabetes**
- Over the counter medicines
- Vitamins, minerals and herbal supplements or naturopathic
- Medications
- Bush medicines (eg: creams, ointments or drinks)
- Recreational drugs or
- Any other supplements.

Some medicines can be **harmful** during a procedure, while others may be **beneficial**. Certain medications can also interact with:

- Anaesthetics
- Pain relief medicines
- Other medications used during your hospital stay.

Depending on your procedure, you may be advised to **stop or change certain medications** beforehand.

Medication review

To help us safely review your medicines:

- Complete the **My Medicine List** section in the patient health questionnaire before attending the Pre Admission Clinic
- Please bring **all your medications** to your Pre Admission Clinic appointment
- Also bring them with you on the day of your procedure.

Your medicines will be safely stored while you are in hospital, including medicines that require refrigeration.

Discharge medicines and costs

All patients (except Day Surgery Unit patients) will receive a bill for discharge medications, whether you are a public or private patient.

If you need medicines when you leave hospital:

- A prescription will be written for you
- This can be filled at the hospital pharmacy or taken to a community pharmacy
- Medicine costs at KEMH are similar to those at community pharmacies. You may choose to:
- Pay at discharge, or
- Receive an invoice by mail.

The day of your procedure

On arrival

When you arrive our staff will ensure all necessary admission requirements are complete. You will also be asked to confirm that you have given written consent for the surgery or procedure. Once admitted, you will be given a patient hospital identification band and gown to wear.

Before your procedure

Before your procedure an anaesthetist may speak with you about health history, discuss any previous experiences and explain your options with you.

Before your procedure you will be seated in a waiting room with a TV and you are welcome to bring a book. Once the staff are ready for you, your name will be called.

After your procedure

When you are fully awake, you will be either moved back to the Day Surgery Unit or onto the ward if you are staying overnight. Once you are comfortable the nursing staff will give you a drink and a light snack.

You will receive post-operative instructions prior to discharge. Please read them carefully and follow the directions given. Staff are happy to answer any questions.

Transport home

You will need to be collected by a responsible adult who will be able to stay with you overnight.

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

When can I go home?

Tick off this checklist for readiness to go.

(Please note: this table is not relevant for Day Surgery Unit patients)

Are you ready to go home?	First 24 hours	24 - 48 hours	Up to 72 hours
Eating and drinking well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting out of bed in the first 24 hours	<input type="checkbox"/>		
Pain being managed by regular medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Up to the shower and walking around the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Able to pass urine (if you have a catheter, once it has been removed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wound dressing is intact, clean and dry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You have passed wind	<input type="checkbox"/>		
Your bowels have opened or you have medication to help with this			<input type="checkbox"/>
Have been advised how to do your back and tummy exercises			<input type="checkbox"/>
Able to take short walk around the ward			<input type="checkbox"/>
Able to increase the number and length of walks around the ward			<input type="checkbox"/>

Your recovery journey

The post-operative period can vary greatly between patients. Your recovery will depend on how complex your procedure was, the length of time that it took and your overall health and fitness prior to your procedure.

While you are still in hospital your recovery will be carefully supported by your team of nurses/midwives, doctors and allied health professionals who are there to guide you every step of the way.

You should rest when you get home. Normal activities can usually be resumed after a day or two, although the effects of the anaesthetic may make you feel tired.

Scan to read
'Your pain
at home'



Bowel care

A procedure can lead to constipation for a number of reasons. A major procedure can affect your bowel, causing it to be sluggish. Opioid-containing pain medications, such as codeine or morphine, have the side-effect of causing constipation.

Return of normal bowel function after a procedure varies depending on your previous bowel habit, type of procedure and mobility. Most patients have a bowel motion by their third day following the procedure.

Eating, drinking and passing wind are reassuring signs that your bowels are returning to normal. It can be several weeks before your appetite is fully back to normal.

All patients undergoing abdominal procedure should take regular laxatives and stool-softeners (except in certain circumstances where procedure on the bowel has

been performed) until their bowel motions have normalised and they have stopped taking strong pain medications.

If you have not had a bowel movement by your third post-operative day, you should seek advice from your GP, pharmacist or contact 1800Medicare (1800 633 422) formerly known as Healthdirect.

Constipation can be a frequent cause of post-operative pain and most patients feel much better as their constipation resolves. Nonetheless, there are some serious symptoms you should not ignore.

Please seek medical attention urgently if you develop new-onset nausea and vomiting, fever or escalating pain and bloating. The section titled 'When to seek help' on page 31 has the complete list of concerning symptoms that require prompt attention.

Wound care advice post-procedure

To support optimal healing and reduce the risk of infection, please follow these guidelines unless otherwise directed by your healthcare professional.

Hand hygiene

Wash your hands or use alcohol-based hand gel **before and after** touching your wound.

Bathing and showering

Avoid showering for **24 hours post-procedure** if there is **no waterproof dressing**.

Do **not bathe or swim** until your wound is well healed.

Skin products

Do **not use** skin cleaners, lotions, creams or herbal remedies on or near the wound unless approved by your doctor. These can damage tissue and slow healing.

Dressing removal

Keep dressing clean and dry. Follow your doctor's instructions for dressing removal. After dressing removal, you may shower and gently **pat the wound dry** with a clean, soft towel until the wound is fully healed.

Wound monitoring

Check your wound and the surrounding skin regularly. You may need a mirror to assist you. Look for signs of infection as outlined below:

- Increased pain
- Redness, swelling and/or warm/hot to touch
- Increased bleeding
- Wound discharge (may or may not be offensive smelling)
- Generally feeling unwell
- **Increased temperature** – feeling hot or cold
- **Delayed wound healing** (your wound is just not getting better).
- **Wound breakdown** (wound breaking **open or starting to separate**)
- avoid picking at the incision
- avoid putting strain on the wound

Be conscious of who or what is near your wound

Animals, babies, soiled linen, clothing and medical devices (such as drains and urinary catheters) can pose a big infection risk. Changing underwear or clothing daily that comes into contact with your wound is strongly advised.



Scan to read 'Medicines to manage constipation'

Amenities



Facilities

Public toilets are located on the ground floor of A Block between the main entrance and the café. **There are no public toilets on ward areas.**

Television

Most rooms have access to a television. TV packages can be bought and paid before your stay at www.hosteltv.com.au, during your stay at the hospital kiosks located on lower ground floor outside the lifts. TV hire costs are approximately: One day \$10, two

days \$19 and three days \$27.50. These costs are subject to change.

Private patients may have the cost of this service included in their package.

Library

The Consumer Library is located on the ground floor, A Block, near the café. Open 9am to 12pm and 1pm to 3pm, the library is a free service for patients, their families, carers and the general public. The library also provides free wi-fi and printing services.

Support services

Pastoral Care Services

About us

Pastoral Care Services are available to all patients, families and staff at King Edward Memorial Hospital.

As an integrated and respectful service, we provide practical, emotional and spiritual support to every individual. We create a safe space for your unique and personal story to be heard and shared.

Our team

Our team consists of highly trained and accredited hospital staff dedicated to providing compassionate care.

We listen attentively and create space for what matters most to you.

Committed to inclusivity and person-centred care, we respect and honour all cultures, faiths, identities and backgrounds.

If you wish to connect with a representative from your own faith tradition, we can assist in arranging this during your stay.

Aboriginal Health Liaison Support Service

The Aboriginal Health Liaison Support Service provides culturally safe social and emotional support to Aboriginal and Torres Strait Islander patients, as well as families and carers of Aboriginal babies.

With your consent, our Aboriginal health liaison officers (AHLOs) will support you and your family throughout your care at KEMH. AHLOs work alongside your healthcare team to support your wellbeing, help you understand your treatment and advocate for you when needed.

If the Aboriginal Health Liaison Support Service isn't offered to you, ask your nurse, doctor or social worker for a referral. You can also contact us directly on (08) 6458 2777 or visit us in the library (next to the café or in the Social Work Department on the Lower Ground Floor, B Block.).



My healthcare rights: How can I use the Charter?

The **Australian Charter of Healthcare Rights** describes what you can expect when receiving health care in Australia.



AUSTRALIAN COMMISSION
ON SAFETY AND QUALITY IN HEALTH CARE

For more information,
ask a member of staff or visit
safetyandquality.gov.au/your-rights

Are you worried?

We need to know.

Scan for more information



If you, or the person you care for gets sicker, tell us right away

Step 1



Worried about a change in your condition or the person you care for? Tell us.

Step 2



Still worried? Speak to a senior staff member.

Step 3



If your concern is urgent, use the Aishwarya's CARE Call phone or call **1800 792 621**

You know yourself or your loved one best.
We will listen to you.

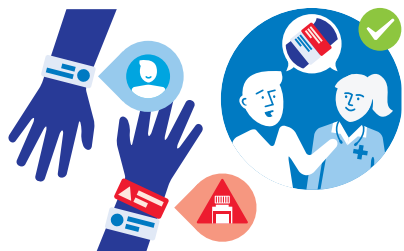
8 simple steps to keep yourself safe during your hospital stay

1



About you

- Tell us if any of your personal information is wrong (ID band, residential address, GP or next of kin).
- Tell us if you have any allergies and we will give you a red identification band.



2



Your medicines

- Tell us if you do not understand what your medicine is for or if you have had a bad reaction to a medicine.
- Talk to your doctor, nurse or pharmacist about any concerns you may have.
- Ask about any possible side effects.
- If your medication changes - eg: its shape, colour - talk to your healthcare team about the reasons for the change.

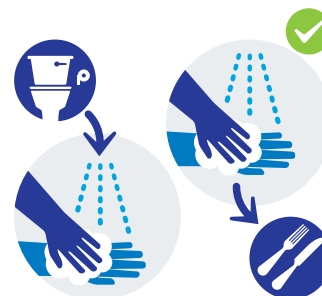


3



Preventing infection

- Wash your hands before and after visiting the toilet and before all meals.
- Don't hesitate to ask your healthcare staff if they have washed their hands before having contact with you.
- Tell us if you have diarrhoea or vomiting.

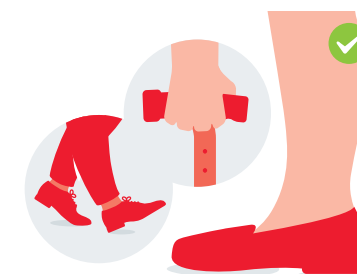


4



Preventing falls

- Wear laced-up or snug-fitting shoes, or slippers with rubber soles.
- Use your walking aid/s as advised.
- If you need assistance, ask one of our friendly staff.



8 simple steps to keep yourself safe during your hospital stay

5



Preventing blood clots

- Wear your hospital stockings if advised.
- Try to move as often as you can.
- Try to do simple leg and ankle exercises.
- Drink fluids as recommended.
- Take blood-thinning tablets or injections as advised by your doctor.

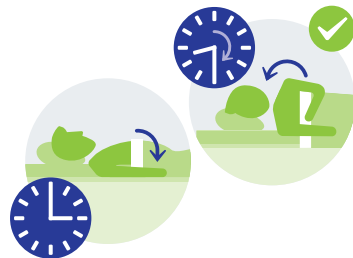


6



Pressure sores

- If you can, try to keep mobile – even in bed.
- Call us if you feel uncomfortable.
- We are happy to help you change position and can provide a special mattress or cushion for support.

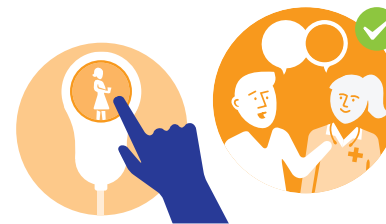


7



Any concerns?

- We are here to help you – talk to us if you have any worries or concerns about your treatment.
- You can provide feedback during and after your hospital stay, in person, on paper or online.



8



Leaving hospital

Before you leave, make sure you:

- Have your discharge letter
- Have your medicine/ prescription and it has been explained to you
- Know who to contact if you have any questions or concerns
- Know when your next appointment is.



Follow-up

We will follow up with you after your procedure to make sure everything is going well. This will be by phone or in the outpatient clinic. Make sure you know before you go home when and how we will follow up with you.

Specific instructions:

(For example, please remove your dressing three days after discharge.)

Follow-up appointment (if required):



Scan to read
'IV-WISE patient
discussion tool'



Scan to read
'Looking after
your canula'

When to seek help

Please contact 1800Medicare (1800 633 422) formerly known as Healthdirect or see your GP if you experience any of the following:

- Fever
- Flu-like symptoms
- Offensive smelling wound discharge or any wound not healing
- Offensive vaginal discharge
- Heavy bleeding (having to change a sanitary pad every 10–20 minutes, or passing large blood clots)
- Any urinary symptoms, such as difficulty passing urine or burning when urinating
- Constipation.

Contact information

If you have any problems or concerns about your treatment plan or follow-up care, contact:

- Your GP, or an after-hours GP
- 1800Medicare (1800 633 422) formerly known as Healthdirect
- Gynaecology patients should contact 0462 055 425
Monday, Tuesday, Thursday and Friday 8.30am–4.30pm
- Endoscopy patients should contact clinical nurse on 0479 188 113
Tuesday and Thursday 8.30am–4.30pm
- Gynaecology patients should contact the oncology liaison nurse on 0434 957 460, Monday to Friday, 8am–3pm, or the Gynaecology clinical nurse consultant on 0428 441 357, Monday to Friday, 8am–3pm
- Urogynecology patients, please contact 0466 429 921,
Monday to Friday, 8am–3pm.

In the event of a medical emergency, please do not wait to speak to the above services.

Call 000 or attend your local Emergency Department.

Would you like to make a compliment, suggestion or complaint?

We welcome feedback from patients and their family members, as part of our focus on continuous improvement and providing high quality care.

Your feedback helps us with understanding what we are doing well and areas where we could improve.

Our Consumer Liaison Service coordinates the feedback process. Information is filed separately from the medical records and kept confidential.



Scan this QR code
to give feedback.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.

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.

