

# Pre-operative Information Sheet

*Dear Patient/Carer:*

*Please read this document carefully as it contains important information that complements the instructions given by your MEG ENT Specialist for your upcoming surgical admission*

## What should I bring with me to hospital?

- A Book or light reading material.
- Your regular Medications.
- Any current x-rays or scans.
- Wear loose comfortable clothing.
- Do **NOT** wear makeup, jewellery or body piercings of any kind.
- All nail polish, acrylic and shellac must also be removed before your admission as they may interfere with your vital signs monitoring.
- Overnight patients will need to also bring sleepwear, dressing gown, toiletries (including soap).
- Paediatric patients may need bottles, any special fluids/formula if staying overnight.
- Copy of any Enduring Power of Attorney (Medical Treatment) or Guardianship Appointment (if applicable)

## Nearby accommodation

- There are multiple options for accommodation that may help you on your next admission, some of them include:
  - Adara Richmond
    - 185 Lennox Street, Richmond 3121,
    - Ph: 9267 1000
  - Quest East Melbourne
    - 48 Wellington Parade, East Melbourne 3002;
    - Ph: 9413 0000
  - Amora Riverwalk Hotel
    - 649 Bridge Road, Richmond 3121;
    - Ph: 9426 1200

## Nearby Public Transport

- Tram:
  - If you are coming to Epworth Richmond from the city by tram - catch:
    - **tram 48** towards North Balwyn from Collins Street or OR
    - **tram 75** towards East Burwood from Flinders Street.
  - get off at **tram stop number 15**.
- Train:
  - The closest station to Epworth Richmond is **West Richmond station**, which is on the South Morang and Hurstbridge Lines.
  - **Richmond station** on Swan Street is a 15 minute walk away.

## Nearby parking

- **Parking at the Hospital:** Epworth Richmond has limited undercover parking.
  - The car park is open every day from 6.00am to 10.45pm.
  - The entrance to the car park is on Bridge Road. As there are limited spaces at times the car park becomes full.
- **Under-cover Paid Parking:** There are also a number of paid undercover car-parks in the area
- **Street Parking:** Parking is also available in adjacent streets but please take note of council restrictions.
- **Please visit our homepage for an interactive parking map of the area**  
[www.melbentgroup.com.au](http://www.melbentgroup.com.au)

## Can I still have my regular medication on the day of surgery?

- **Yes:** Use of regular medication (*ie, medication for control of high blood pressure, asthma, etc*) should continue during your admission to hospital.
- **Except** the following regular medications:
  - Blood 'Thinners' (*e.g. Aspirin, Warfarin, Plavix®, Iscover®, Xarelto®, Fish & Krill oil tablets* and others).
    - Your treating **MEG surgeon** will provide specific advice on blood thinner use during your peri-operative period, in consultation with your **GP, Physician, Cardiologist**, or other treating specialist.
  - Diabetes Medications (*e.g. Tablets or Insulin injections*)
    - Your treating **MEG surgeon and/or your Anaesthetist** will provide specific advice on the use of Diabetes medications

## Should I cease diet supplements use prior to my surgery?

- Use of Omega 3 capsules (*e.g. Fish Oil / Krill Oil*) should be avoided 2 weeks before and after your surgery.
- Inform your **MEG Surgeon** of any other over-the-counter dietary supplements you are taking.

## How long do I need to fast prior to surgery?

- A minimum fasting period of 6 hours is required for any General Anaesthesia.
- Different fasting advice may be given for procedures under Local Anaesthesia.
- Remember, fasting means nothing to eat or drink after the fasting period commences.
  - You **CAN** still have small sips of water for any regular medications you need to take during the fasting period.
  - Do **NOT** chew gum during the fasting period
  - If you smoke, please do **NOT** smoke for at least **24 hours** before your procedure.
- ***All patients will receive specific fasting instructions as part of the Admission paperwork sent from our practice days before your surgery.***

## What can I eat as a light meal prior to fasting?

- If you are instructed to 'Fast after a light breakfast', the following can be considered a light breakfast:
  - Dry Toast
  - Black Coffee or Tea
  - Juice without pulp
  - Fruit

## Diet in Hospital:

- Your **MEG Surgeon** will advise if there are any dietary restrictions (*e.g. Soft diet* only) after your procedure
- **DO** notify the hospital on admission if you have any specific dietary requirements.

## My child is having surgery, can I stay with them overnight?

- Children are allowed to stay with a parent/guardian.
- Further information, including room arrangements and visiting hours can be obtained directly from the hospital.

## Can I (or my child) have surgery if feeling sick?

- Your surgery will be postponed if you are experiencing an active infection (*e.g. Upper respiratory tract infection*) on the day of your admission.
- Please contact us immediately if you are experiencing any new illness in the days leading to your admission, so that we can advise you further.

## Discharge time for overnight patients

- Discharge time in most hospitals is around 9.30am.
- If you are unable to be picked up at this time at Epworth Richmond, you will be directed to the discharge lounge on level 2 Erin Street building.

## Discharge home

- If you have had a **General Anaesthetic** you will need to be discharged home accompanied by a responsible adult.



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