

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:
- **Linacre Private Hospital:** <https://www.hospitalstays.com.au/hospitals/linacre-private-hospital/526>
- **Waverley Private Hospital:** <https://www.hospitalstays.com.au/hospitals/waverley-private-hospital/590>
- **Epworth Richmond Hospital:** <https://www.hospitalstays.com.au/hospitals/epworth-richmond/505>
- **Cabrini Private Hospital (Malvern):** <https://www.hospitalstays.com.au/hospitals/cabrini-malvern-hospital/480>

Nearby Public Transport

- **Linacre Private Hospital:**
 - **Train:** The closest station is Hampton Station, which is on the Sandringham line.
 - **Bus:** The closest bus route is the 828, which stops at Hampton Train Station.

- **Waverley Private Hospital:**
 - **Train:** The closest station is Syndal, which is on the Glenwaverley line.
 - **Bus:** The closest bus routes are the 703 and 737, which conveniently stop outside the main entrance Blackburn Road.
- **Epworth Richmond Hospital:**
 - **Tram:** If you are coming to Epworth Richmond from the city by tram catch: **tram 48** towards North Balwyn from Collins Street **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.
- **Cabrini Private Hospital (Malvern):**
 - **Tram:** If you are coming to Cabrini-Malvern by tram, then **Stop No. 47 on Route 5** is the best stop to get off at.
 - **Train:** The closest station to Cabrini Malvern is **Malvern Station**, which is on the Dandenong/Pakenham or Frankston lines. **Malvern station** on Glenferrie Road is a 5-10 minute walk away.

Nearby parking

- **Linacre Private Hospital:** Limited onsite parking is available. Signed 2 and 4 hour parking is available on Linacre road, all day parking is available on Hampton Road.
- **Waverley Private Hospital:** Access to the hospital carpark is via Blackburn Road. There is a 15 minute drop off and pickup parking zone near the main entrance. Onsite paid parking is available, additional free parking is available in adjacent streets.
- **Epworth Richmond 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. There are also a number of paid undercover car-parks in the area. 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
- **Cabrini Private Hospital (Malvern):** The visitor's carpark at Cabrini Hospital Malvern is accessed via Coonil Crescent (off Wattletree Road). A parking fee applies. After discharge patients may be collected at the hospital's main entrance. Specially marked disabled carparking is available in the patient and visitor carpark, as well as the staff carpark. Three-minute drop off carparks are available directly outside the main entrance of the hospital.

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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