

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)

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 6-7 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 and your Anaesthetist will provide you additional information specific to you and your case.***

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***) in the days leading up to or 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 9.30-10am am.
- Epworth Richmond pts only: 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.
- Please note – you will NOT be able to discharged home:
 - Alone
 - In a taxi or Uber

Getting to and from our MEG hospitals – Accommodation options, Public transport and Parking

Nearby accommodation

There are multiple options for accommodation that may help you on your next admission, some of them include:

- **Cabrini Private Hospital (Malvern):** <https://www.hospitalstays.com.au/hospitals/cabrini-malvern-hospital>
- **Epworth Hawthorn Hospital:** <https://www.hospitalstays.com.au/hospitals/epworth-hawthorn>
- **Epworth Richmond Hospital:** <https://www.hospitalstays.com.au/hospitals/epworth-richmond/505>
- **Melbourne Private Hospital:** <https://www.hospitalstays.com.au/hospitals/st-vincent-private-hospital-east-melbourne>
- **St Vincent's Private Hospital (East Melbourne):** <https://www.hospitalstays.com.au/hospitals/st-vincent-private-hospital-east-melbourne>
- **Waverley Private Hospital:** <https://www.hospitalstays.com.au/hospitals/waverley-private-hospital>

Nearby parking

- **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.

- **Epworth Hawthorn Hospital:**

- Paid parking is available on-site.
- Parking is also available along surrounding streets.
- Please take note of council restrictions as signed.
- Please refer to the website for current rates: <https://www.epworth.org.au/our-locations/epworth-hawthorn>

- **Epworth Richmond Hospital:**

- Epworth Richmond has limited undercover parking. The entrance to the car park is on Bridge Road. One parking voucher is available for all surgical patients who are admitted on the day of surgery. The car parking fee is capped at \$20. This includes overnight and day cases. However, 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.

- **Melbourne Private Hospital**

There is very limited car parking available on-site or in the surrounding streets.

- Drop-off and pick-up - 10 minute parking is available directly outside MPH on the Royal Parade service road.
- There is an underground car park behind the hospital and Royal Melbourne Hospital which is managed by an external provider – keep ticket to pay on Level 2.

Please note:

- First 30 minutes is free on Monday to Friday before 5pm
- A flat rate of \$10 applies after 5pm on weekdays and on weekends
- Please see the parking rates board for available concessional rates and liaise directly with the parking office to discuss your eligibility
- Metered parking in surrounding streets.

- **St Vincent's Private Hospital, East Melbourne:**

- St Vincent's Private Hospital East Melbourne Car Park is located at 102 Grey Street, East Melbourne. Directly across from the main entrance to the hospital.
- The car park is open from 6am – 10.30pm 7 days per week, please refer to the website for current rates: <https://www.svph.org.au/hospitals/east-melbourne/getting-here>
- If you are a patient or family member of a patient and need to leave the car park after 10.30pm and before 6 am the following morning, please speak with security within the hospital to open the car park gates for you.

- **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.

Nearby Public Transport

- **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.
- **Epworth Hawthorn:**
 - By train: The closest train station is Hawthorn, located on the Belgrave & Lilydale lines.
 - By tram: Tram 75 runs directly past Epworth Hawthorn. The closest stop is St James Park or Hawthorn station.
- **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.
- **Melbourne Private hospital**
 - **Buses:** Number [401](#) and [402](#)
 - **Trains/Trams:** Nos. [19](#), [58](#) and [59](#)
 - Travel to Melbourne Central station, then catch a connecting No. 19 or No. 59 tram to the Royal Melbourne Hospital stop
 - Travel to North Melbourne station, then catch a connecting No. 401 bus to the Royal Melbourne Hospital stop
 - Travel to Flagstaff station, then catch the connecting No. 58 tram to the Royal Melbourne Hospital stop

From 30 November 2023, the new Royal Melbourne Hospital/Royal Parade accessible tram stop will be in operation. Please note Metro Tunnel works are still underway and there are changes to the way you move around the precinct during these works. More information on these works and associated changes to road and pedestrian connections in the precinct is available at metrotunnel.vic.gov.au

- **St Vincent's Private Hospital, East Melbourne:**
 - **Tram:** 48: North Balwyn trams and 75: Vermont South trams travel along Wellington Parade or 109: Box Hill trams and 24: North Balwyn trams travel along Victoria Parade
 - **Train:** From Jolimont Station, walk along Clarendon Street to East Melbourne, or disembark at Parliament Station and walk through the Fitzroy Gardens.
- **Waverley Private Hospital:**

- **Train:** The closest station is Syndal, which is on the Glen Waverley line.
- **Bus:** The closest bus routes are the 703 and 737, which conveniently stop outside the main entrance Blackburn Road.

 1300 952 808  (03) 9429 3627

 [MELBENTGROUP.COM.AU](https://melbentgroup.com.au)

 LEVEL 1 449 SWAN STREET, RICHMOND VIC

ABN 88 181 798 030