Surgery at the Women's
A guide to your care

the women's
the royal women's hospital

This fact sheet will help you know what to expect when you come to the Women's for day surgery. It is also available in Easy Read.

Before your surgery

The Surgical Access Team will contact you and give you a surgery date.

You can contact the team if you:

- have questions
- need help
- need support services.

We have support services that can help you.

- **Interpreters**. An interpreter can help if you do not speak English. Interpreters are free and can help you understand information and talk with hospital staff.
- **Social work**. A social worker can support you if you feel worried, stressed or need extra help.
- **Aboriginal or Torres Strait Islander Hospital Liaison officers**. They can provide cultural support for Aboriginal and Torres Strait Islander patients and families.
- **Disability support**. A Disability Liaison Officer can help if you have a disability or need adjustments to your care.

Please tell us how we can support you.

The day before your surgery

We'll send you a text message the day before your surgery. It will tell you:

- what time to come to the hospital
- when to stop eating and drinking (fasting).

The Day Surgery team will call you the day before your surgery. They will tell you whether to go to:

- Level 3 Day Surgery, or
- Level 5 Day Procedure Centre.

People often ask why we can't give this information sooner. This is because the surgery list changes daily. Some patients need urgent care, special equipment, or a different specialist.

We finalise the list close to your surgery date so we can give each patient the care they need.

When you arrive at the hospital

When you arrive, our staff will:

- check your patient details
- print your patient labels
- give you 2 patient identification (ID) bands to wear.

The Day Surgery nursing team will be told you have arrived.

You'll wait in the waiting room until your procedure time. Your support person can stay with you and keep you company.

While you wait

At times, the waiting room can be very busy and noisy. Some patients may be in labour and making loud sounds.

Please tell us if you feel worried or overwhelmed. We have colouring sheets and other small calming activities if you need them.

The admission room

The nursing team will call patients into the admission room, usually based on the order of their procedures.

When it's your turn, we usually ask your support person to stay in the waiting room. This gives you privacy when we ask personal questions.

The nurse will:

- check your blood pressure, temperature pulse and oxygen levels
- ask you questions
- check your ID band and consent form.

Many staff may check your consent and ID during the day. This is normal. We do this to make sure everyone, including you, understands what is happening.

Pregnancy test

If you're under 55, we'll do a pregnancy blood test. This is a standard hospital test for patients under 55.

Please tell us if you have any questions or concerns about this.

Getting changed

When it's time, we'll ask you to change into a hospital gown. You'll need to remove all your clothes.

We will give you:

- a gown that is open at the back
- a robe to keep you warm and covered
- booties for your feet
- paper underwear.

We also have sanitary pads and blankets if you need them.

You can put your clothes in your own bag, or we can give you a paper bag.

You can keep your phone and comfort items with you until you go into theatre.

To protect everyone's privacy, please don't make phone calls or take photos or videos.

Meeting your care team

Before surgery, you'll meet your surgical team and your anaesthetic team. An anaesthetist is a doctor who gives you medicine to make you sleep during surgery.

They'll ask more questions and check your consent. Some questions may sound the same as earlier questions. This is normal.

The operating theatre

The operating theatre (also called an operating room) is the room where your surgery takes place.

When it's time for your surgery, a staff member will walk with you to the operating theatre. You can ask questions at any time.

There are usually 6 to 10 staff members in the operating theatre. Each person has an important job.

Your team may include:

- surgeons
- an anaesthetist
- nurses
- a theatre technician.

If you would like fewer people in room before you go to sleep, please talk with our Disability Liaison or Social Work teams before your surgery. We'll try to support your needs safely.

Before surgery, we'll check your consent against your ID band.

We'll ask you to take off your robe and lie on the operating table. We'll help you get onto the table.

We will also:

- place monitors on your body
- place an oxygen mask over your face.

We'll ask you to take slow, deep breaths. Then we'll give you medicine to help sleep and monitor you closely during your procedure.

After your procedure

When your procedure is finished, you'll wake you in the operating theatre or the recovery room. Both are safe and normal options.

Your recovery nurses will care for you and help keep you comfortable.

You can go home when you've:

- been monitored in recovery
- eaten a light meal
- emptied your bladder (done a wee)
- talked with your doctor.

Getting help after you leave hospital

If you have any concerns after you go home:

- call the Day Surgery Unit
  03 8345 3300
  Monday to Friday, between 8am and 8pm
- call your GP
- go to your nearest hospital emergency department.

Questions

Please ask us if you have any questions.

Easy Read fact sheet

thewomens.org.au/health-information/fact-sheets#surgery-at-the-womens-a-guide-to-your-care

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.
You can call any time of day or night.
1800 737 732
1800respect.org.au

Do you need an interpreter?



You can ask for an interpreter if you need one.

Disclaimer: This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.
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