



GENERAL PREADMISSION INFORMATION

The following information is general advice only. Please follow any specific instructions given to you by Dr. Kenny, your Anaesthetist or other medical staff. If you are unsure of what you should do, please contact Dr. Kenny.

Fasting Instructions

You will be given fasting instructions. Please listen carefully and adhere to these.

- For adults having an elective procedure, limited non-fatty solid food may be taken up to six hours prior to anaesthesia.
- If you are having a procedure in the morning, you will usually be asked to fast from midnight.
- If you are having a procedure in the afternoon, you will usually be allowed a **light** breakfast e.g. tea and toast.
- Lollies and chewing gum are considered food.
- If you are taking pain medications please inform Dr. Kenny.
- In most circumstances, patients are encouraged to drink a small amount of clear fluids for up to two hours prior to anaesthesia.
- Clear fluids are: water, clear apple fruit juice, clear cordial, **black** tea and coffee.

Do **NOT** have: Tea or coffee with milk, cloudy or milk based drinks, carbonated drinks or alcohol. These are not considered clear fluids.

Medications

- Prescribed medications may be taken with a sip of water less than two hours prior to anaesthesia unless otherwise directed.
- Most medications will be continued as normal around the procedure. Please inform Dr. Kenny and the anaesthetist if you are taking any prescription or over the counter medications. **Diabetic medications** e.g. Insulin or Metformin and **blood thinners** e.g. Aspirin, Warfarin, Clopidogrel are especially important.

Smoking

It is ideal to cease smoking weeks prior to your procedure. Smoking increases your risk of complications. We understand that this can be very difficult or that due to the urgency of surgery is not possible. Please do not smoke 24 hours prior to your procedure

On the day of surgery

- Please present to Reception at the Main Entrance on Level 1. The Reception staff will complete paperwork with you and advise you of the next steps.
- There will often be a wait prior to your surgery. Please bring a book, magazine or electronic device to keep you busy!

After your surgery

- Most patients will be admitted to the ward as an inpatient after their surgery.
- Occasionally patients may be able to go home on the day of surgery. If you are to go home on the day of surgery, you must plan private transport with a responsible adult. Public transport is not suitable. A responsible person must be available to stay overnight following discharge and must be physically and mentally able to make decisions for you if necessary.



If you are unsure at any time of what to expect, then please discuss this with the reception staff, Dr. Kenny or your Anaesthetist.