

I've been given my surgery date checklist



1 Supports

- My support person is
- My surgery date is
- My admission time is
- Hospital contact name and number

2 Preparing ahead for my discharge home

- I have booked an extended GP appointment for when I get back home

Notes

3 Preparing for the day of surgery

- I know the date
- I have confirmed my transport to hospital
- I know what time to arrive to hospital
- I know where to go when I get to the hospital
- I have a contact number if I feel unwell or want to ask questions
- I know the visiting hours and when the Café opens for my hospital
- I know where to park
- I am likely to be in hospital fordays
- I have arranged for pets/dependents/family to be looked after
- I have notified my existing service provider I will be going into hospital
- I have the equipment I might need

Notes

4 Safety at home

- I have prepared my bed for when I come home
- I have some ready-made meals in the freezer
- I have looked around my home for fall risks such as:
 - walkways with clutter
 - dimly lit rooms
 - cords you might trip over
 - seating you can't get out of
 - regularly used objects high up in cupboards moved lower.

Notes

5 What should I bring to hospital?

- loose comfortable clothing (consider where the surgical wound will be)
- well-fitting shoes
- mobile phone and charger
- toiletries and accessories
 - hearing aids and batteries
 - glasses
 - dentures
 - toothbrush, toothpaste, mouthwash, shower gel/soap, shampoo/conditioner, electric shaver, ear plugs, lip balm and hairbrush
- any medication you usually take (in its original package)
- Medicare, healthcare, DVA or private health cards (digital copies are acceptable)
- other communication aids or devices
- relevant test results, x-rays, or scans.
- entertainment such as books, crafts, puzzles, headphones to listen to music

What not to bring:



- valuables or larger amounts of money (for example, over \$20)
- large bags or excessive clothing
- avoid wearing jewellery, nail polish, fake nails, makeup (including false lashes) or contact lenses.

Notes

6 3 days before

- I have informed my healthcare team if I have the following:
- a temperature or fever (feeling hot or cold)
 - a sore throat, cough or other breathing problems
 - a rash or swelling
 - been feeling generally unwell
 - a cut, break or tear in your skin
 - diarrhoea or vomiting
 - had a recent unplanned visit to an emergency department or local doctor/general practitioner (GP).

Notes

7 24 to 48 hours before

- Fasting
- I need to stop eating at
 - I need to stop drinking at
 - I need to stop taking my medication at
- Bowel prep
- My surgery needs bowel preparation and I know how to use it

Notes