

PRE – OPERATIVE INSTRUCTIONS

The following instructions are provided to help you understand and prepare for your upcoming surgery. Please follow these guidelines carefully. They are for your safety. If these instructions are not followed, it could result in the cancellation of your surgery.

1. Please telephone Glengarry Hospital – 9447 0111 – the day before your procedure to confirm admission time.
2. Unless told otherwise, you do not need to make a pre-operative appointment with the anaesthetist. Your anaesthetist will visit you on the hospital ward the morning of your surgery.
3. A light diet only is to be consumed the day before surgery. This includes lean meats, salads, fruits, eggs, white bread, clear soups and broths. Please limit dairy products. Drink plenty of fluid throughout the day.
4. Due to anaesthesia requirements it will be necessary for you to fast as of midnight the night prior to your surgery. **Please remember – nothing to eat or drink after midnight the night before surgery.** This includes water, breath mints and chewing gum. You may brush your teeth and rinse your mouth, but do not swallow any water.
5. If you are having a Laparoscopic Surgery, then please take your **Picolax bowel preparation at 3pm the afternoon before surgery.** The instructions for preparing the solution are located on the back of the packet. If you have not opened your bowels by 7pm, please take the 2nd sachet. Ensure you continue drinking plenty of water until midnight as this solution can cause dehydration. **(Not applicable until having Laparoscopic Surgery).**
6. If you take medication regularly for any condition, ask your surgeon/anaesthetist whether you can take it on the day of surgery. These include insulin, blood pressure tablets, oral contraceptive pill, heart or asthma medications. If you have been instructed to take your medication, swallow them with a small sip of water.
7. Do not smoke, drink alcohol or use recreational drugs for at least 72 hours prior to surgery.
8. Please do not shave or wax surgical site as this increases the risk of wound infection. A low clip is acceptable.
9. Please have removed all nail polish, acrylic nails, makeup, jewellery and piercings (including personal piercings) prior to your hospital admission.
10. Other Preparation: Please leave jewellery and other valuables at home. If you wear contact lenses, glasses or dentures, you must bring your case to store them during surgery.

Please contact our rooms on 0411 069 750, if you have any further questions.