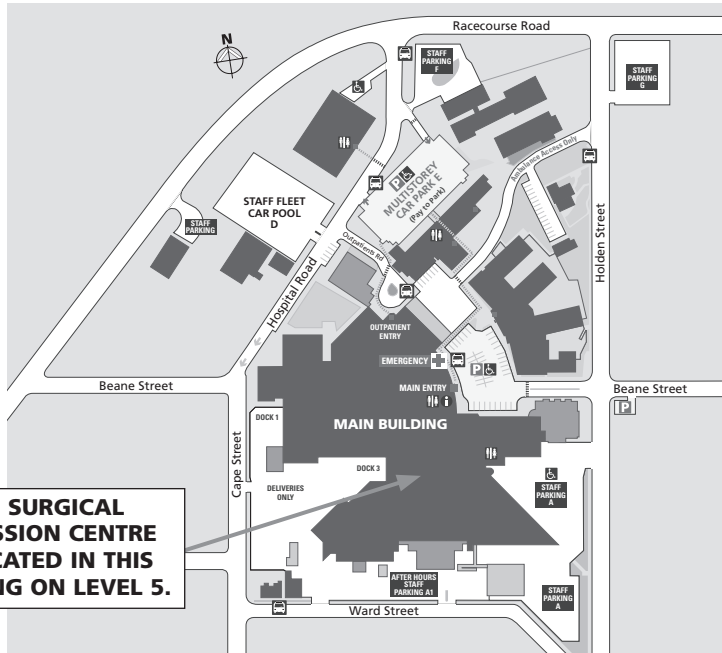
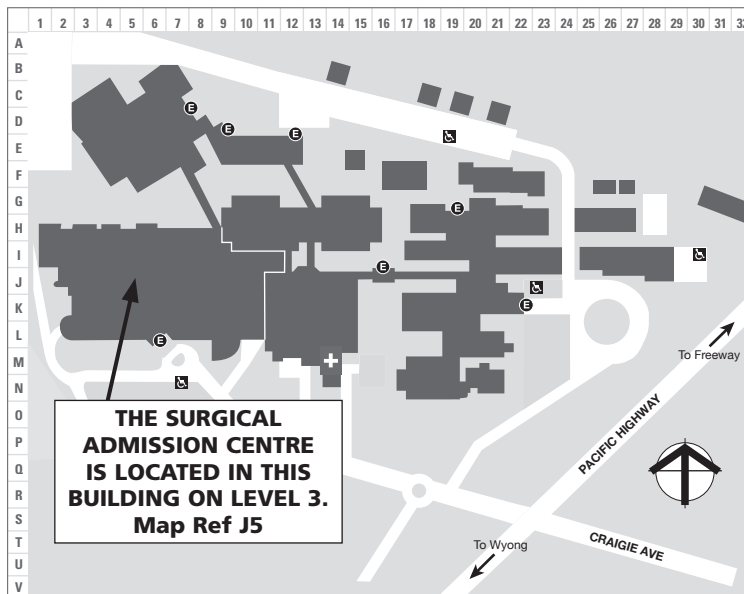


For patients having surgery at **Gosford Hospital**



For patients having surgery at **Wyong Hospital**



# Preparing for your Hospital Admission

## *Information for patients & carers*

*This brochure provides important information and contact numbers to help YOU PREPARE FOR YOUR ADMISSION TO HOSPITAL.*

Your operation will be at: **Gosford Hospital**   
**Wyong Hospital**

### Maps and Directions

*Please refer to rear page for details on where to go for admission into the hospital for your surgery.*

CATALOGUE NUMBER: CC09369

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***This brochure provides important information and contact numbers to help you prepare for your admission to hospital.***

***Remember, you need to consider and plan for your "recovering time" at home. This brochure also provides information and helpful hints for you to plan your "after hospital care".***

The following instructions will assist with your preparation for the operation

On the day before your operation please contact:

**Wyong on 4394 7599** (if your surgery is at Wyong Hospital) or

**Gosford on 4320 2117** (if your surgery is at Gosford Hospital)

Please ring between 2pm and 4pm to confirm your time of admission and to receive further instructions and fasting times. Please do not ring outside these hours.

PLEASE NOTE: If your operation has been booked for a Monday please ensure you **ring Wyong or Gosford Surgical Admissions on the above numbers on the Friday before your operation.**

## Fasting Guidelines

If you are booked for an AM (morning) operating session you should have nothing to eat from midnight but you may have clear fluids until 2 hours prior to your admission time. **Clear fluids are defined as water, apple juice, lemonade, black tea or black coffee. DO NOT DRINK MILK.**

If you are booked for a PM (afternoon) operating session you should have nothing to eat from 7am but you may have clear fluids until 2 hours prior to your admission time.

THIS INFORMATION BROCHURE  
HAS BEEN DEVELOPED BY THE DIVISION OF ANAESTHESIA,  
SURGERY AND INTENSIVE CARE (CENTRAL COAST).  
CENTRAL COAST LOCAL HEALTH DISTRICT  
REVIEWED AUGUST 2012.

## EQUIPMENT/HOME MODIFICATION

The hospital has specialist staff – physiotherapists and Occupational Therapists to assess you if you feel that you require equipment, aids or home modification to assist you to live safely at home. These specialists will organise what is needed or refer to the appropriate section in the Department of Veteran Affairs to organise equipment or modifications.

Please notify the ward staff as early as possible if you feel you need assessment as it will assist with your discharge home and avoid extra appointments once discharged.

## Hospital Contacts

Gosford Hospital .....	<b>4320 2111</b>
Wyong Hospital .....	<b>4394 8000</b>
Long Jetty Continuing Care Unit .....	<b>4336 7700</b>
Woy Woy Hospital .....	<b>4344 8444</b>

### ALL PATIENTS PLEASE BRING WITH YOU:

**This is your reminder checklist, please tick:**

- All prescription and non-prescription medication in the original packaging
  - A list of current community services you use and their contact numbers (if applicable)
  - Xrays/Ultrasounds relevant to your admission/surgery
  - Toiletries, night attire, slippers, dressing gown and a small amount of money; (max: \$20 for Television hire, papers etc)
- WE REQUEST: All jewellery/valuables, including wallet/purse, house keys. Money in excess of \$20.00 and mobile phones to be left at home.

### ALL PATIENTS PLEASE REMOVE PRIOR TO YOUR ADMISSION:

**This is your reminder checklist, please tick:**

- All nail polish
- All make up
- Metal hair clips

PLEASE NOTE: Body piercing can be removed just prior to surgery if required.

## Possibility of Postponement

Occasionally emergency operations or unforeseen delays occur which result in the postponement of your surgery. Should this occur either your doctor or the ward nurse would advise you as early as possible. In this situation patients are discharged from hospital without the operation being performed. We are aware of the stress and inconvenience this can cause and would give high priority to your readmission.

### **SMOKING RESTRICTIONS – SMOKE FREE ZONE**

All hospital grounds are smoke-free, patients and visitors must leave the grounds to smoke (Smoke-free Environment Act 2000).

Smokers are warned of the possibility of lung complications after anaesthesia. You are advised to cease smoking at least two weeks prior to the operation to minimize the risk.

To help, your hospital has Nicotine Replacement Therapy. Please ask the staff attending to you on admission for help. Anyone who cannot refrain from smoking must leave our grounds.

For help to Quit CALL **Quitline 13 78 48, [www.quitnow.info.au](http://www.quitnow.info.au)**

## The Continuing Care Team

- This service can assist you if you anticipate any problems with "after hospital care" covering areas such as personal care, transport/ appointments, domestic duties, shopping and respite.

For information about community services after discharge from hospital please contact the Continuing Care Team for information.

Gosford ..... **4320 3665**  
 Wyong ..... **4394 8367**

## Food

- Stock up with food basics before you come into hospital.
- Bread will freeze for a month and milk in cardboard cartons also freezes well (or try long-life milk).
- Consider frozen meals from the supermarket.
- Local Food Services may be able to assist you. Please discuss with your GP or Pre Admission Nurse prior to admission.

## TRANSPORT

To settle in back home safely your best option for transport home is with your family and friends. If that option is not available and you require assistance then:

- Please organise a Department of Veteran Affairs (DVA) taxi voucher from your GP if able OR...
- The hospital ward staff can arrange a DVA reimbursement taxi voucher for you to give to the taxi driver in lieu of payment.
- You can claim from DVA to have your taxi fare refunded.

## VETERANS HOME CARE

This service provides help for eligible patients (gold and some white cards) with low care needs to remain in their home. The services includes:

- Domestic assistance
- Personal Care
- Unescorted shopping
- In -home respite care
- Respite Care
- Safety related home and garden services

Access to the service is not automatic but is dependent on assessment. For referral to this service request to see the Continuing Care Nurse or contact Veterans Home Care on **4950 7100**.

## NURSING SERVICES

Eligible veteran Patients with a clinical need have access to Community Nursing or Private Nursing. These services range from:

- Wound management
- Personal care
- Specialty services

The ward nurses will assess and organise the referral.

Please notify the ward staff of existing services or if you feel that you will require assistance once home.

## Medical Certificates

- If you require a medical certificate for you employer, please advise nursing staff ON ADMISSION so this can be organised.

## Veteran/War Widow Discharge Information

Central Coast Local Health District has a Continuing Care/DVA Liaison Nurse available to assist all eligible veterans and war widows in planning their discharge home. Please let the ward staff know if you require assistance. This brochure is a guide and reminder for veterans and war widows in planning their discharge home.

### REMINDER

- Have your entitlement gold or white card with you.
- Have a list of contacts/carer names and phone numbers
- Inform hospital staff if you are a carer for someone at home and need to organise care for them.
- Have a list of the services you are already receiving and contact numbers.
- Keep an updated list of your medications including non prescription drugs such as vitamins.
- Do you have your house keys?
- Do you belong to an RSL Sub-Branch or other ex-service organisation such as Legacy and want them informed of your hospitalisation? Ask Nursing staff if you need assistance.

## House Cleaning

Arrangements should be made with a family member or friend to assist during your recovery.

**Private Cleaning** – This service can be contacted either through the Yellow Pages or privately.

## Washing

- There are NO facilities in hospital to have your washing attended.
- Arrangements should be made with a family member or friend to assist you.
- There are some laundromats which have a pick up and delivery service. Enquire in your area.

## Transport

- You must arrange transport to and from hospital
- The hospital **usually cannot** provide transport home, so **plan** your transport home well before discharge time. Booked admissions must have transport home organised before their admission date.
- **YOU CANNOT DRIVE A MOTOR VEHICLE WITHIN 24 HOURS AFTER AN ANAESTHETIC.** (*Did you know some insurance companies will not provide compensation if an accident occurs during this time?*)
- Day surgery patients must have someone stay with them overnight.
- If you are being discharged from Gosford, you may be transferred to the Transit Lounge on the day of discharge. This allows the bed to be available for another patient while you await for medications or transport to your next destination. The Transit Lounge operates Monday to Friday between the hours of 9am and 5pm.
- Discharge time may vary from ward to ward. Discuss with ward staff for your approximate discharge time. Usually 10am is the preferred discharge time.
- Department of Veterans Affairs (DVA) eligible people may have other options available. Please discuss with your GP (**before admission**). Contact the Continuing Care/DVA Liaison Nurse: 4320 3665 for further information pre admission. See page 6 for further information.

## Pharmacy

- You may be given only three (3) days' supply of any new medications to take home.
- Please discuss with the ward pharmacist before you leave hospital any issues you may have about your tablets. If you want a written record of your medications then ask the pharmacist to provide this to you.
- Once home, you will need to contact your local doctor immediately to organise for further supply of any new prescription medications.

## Community Nursing

- If you are referred for a Community Nurse visit after discharge, a Nurse will contact you either the day before you expect their visit or the day of the visit to confirm their arrival.

Community Nursing will assess your clinical needs once you are home. Community Nursing will discuss with you on their first home visit the expected frequency of their visits.

## Information for Carers

**You are a carer** if you provide ongoing help to someone who needs it, because of their disability, long term or life-limiting illness, mental illness, dementia, or frailty.

**Carers are an important part of the healthcare team** as they hold unique and vital information to assist staff at the hospital to provide personalised care. This is particularly important if a patient is confused, or has memory or communication problems. In these cases staff use **TOP5** - a method of recording carer information & tips for understanding, supporting, and providing person centred care. A **TOP5** can be developed before admission and discussed with staff on arrival to the ward. Contact the Carer Support Unit on 4320 5556 for more information and **TOP5 forms**, or discuss with nursing staff when you arrive on the ward.

**The Carer Retreat** is a first in NSW Health. It is a cottage within the hospital grounds designed to give carers a comfortable and relaxing place to go to take a break from the ward. There are complimentary tea and coffee facilities, as well as access to a phone and computer.

**If you are a Carer and have a planned admission to hospital** inform staff of your role so that your responsibilities will be considered when planning your discharge home. Give yourself the best chance of a successful recovery by planning for increased support. Talk with family, or for more help to arrange services at home contact the **Commonwealth Respite and Carelink Centre on 1800 052 222**