

# Information about your admission

## Fasting - for a morning procedure



- No solid food from midnight. This includes lollies and chewing gum
- Clear fluids from midnight to 6am. 100mls per hour, no more than 400mls total
- Nil by mouth from 6am except for a sip of water to swallow medications

## for an afternoon procedure

- Light breakfast for example cereal or toast before 6am
- Clear fluids from 6am to 11am. 100mls per hour, no more than 400mls total
- Nil by mouth from 11am except for a sip of water to swallow medications

**Clear fluids include:** water, black tea or coffee, cordial, clear fruit juice without pulp.

**Clear fluids DO NOT include:** milk, milk drinks, white tea or coffee, cloudy fruit juice.

## Medications



You may take your usual medications, other than those flagged by hospital staff during your fasting period. You may have a small amount of water, enough to swallow medication easily.

**Your doctor will tell you when to restart these medications.**

*Please be aware that discharge medications need to be paid for at the time of discharge.*

## Hygiene



- Shower at home the evening before and the morning of your procedure with plain soap or liquid soap provided to you
- Dress in clean clothes
- Avoid using any products on your hair or skin, for example deodorant, perfume, talc, make up, nail polish or artificial nails, moisturiser. Please remove jewellery and ear or body piercings



**On your day of admission, please check in at the admissions desk on the ground floor, next to the information desk.**

## It is important that you:



- Avoid smoking, drinking alcohol and illicit drugs for at least 24 hours before your procedure
- Inform medical staff if you need a medical certificate or patient travel subsidy scheme form
- Do not bring large amounts of money and leave valuables at home
- Have all electrical equipment tagged and tested by a qualified electrician.

## What to bring to hospital?

On your day of admission please bring:



- Medications, including vitamins, supplements, puffers and over the counter medications
- X-rays or scans relevant to your booked procedure
- Glasses, hearing aids, walking aids or CPAP/other personal aids
- Medicare, Health Care, Pension cards or Safety Net cards
- Sleep wear, dressing gown, toiletries, flat comfortable shoes and supportive slippers, sanitary pads, not Tampons
- Phone number of the person picking you up from hospital



Partnering with Consumers - 2.9 Where information for patients carers, families and consumers about health and health services is developed internally, the organisation involves consumers in its development and review. Standard 2, 2nd edition

Date created: June 2020  
Review date: June 2023  
Brochure no. PIB0827/v1