

Day of Surgery Admission Unit (DOSA) - Noarlunga Hospital

This information sheet has been written to help you prepare for your admission to the Day of Surgery Admission Unit (DOSA) at Noarlunga Hospital.

Welcome to Noarlunga Hospital DOSA

The DOSA unit is open Monday to Friday from 6.30am to 8.30pm and Saturday 7am to 3pm.

Noarlunga DOSA phone number – 8384 9415

SALHN is a smoke free health service.

The Noarlunga Day of Surgery Admission Unit (DOSA) is located within the main hospital. Patient to use main entrance and follow signs to DOSA unit.

Our aim is to provide a high standard of 'patient centred' nursing care to all patients.

The function of the unit is to prepare you for your surgery on the day of your admission. After your surgery you will either come to the post-operative area or be admitted to the surgical ward as an overnight patient post procedure.

Your Rights and Responsibilities are discussed in the patient information folder and a booklet is available in the Unit for you to read. Please ask the nurse for a copy.

Preparing for your admission

Confirming your admission time

The DOSA nurse will phone you between 2pm and 8pm the working day before your admission date to confirm your time of admission, fasting and any other necessary information relevant to your admission. Please be aware that this call will be a private number.

If you do not answer or are unable to take the pre-operative call at that time, a message will be left for you with the phone number to ring back DOSA. After hours please phone 8384 9222. Your admission time may change due to where you are booked on the theatre list. On your admission day there is no need to arrive any earlier to the DOSA unit than advised by nursing staff.

Cancelling your surgery

If you develop a cold, persistent cough, sore throat, fever or any other illness between the time you last saw your doctor or had your preadmission appointment and your admission, let the hospital know as soon as possible. Your surgery may need to be postponed. Please let the Noarlunga Hospital DOSA office know as soon as possible on 8384 9415 during hours 8am to 8pm, or after hours on 8384 9222.

Transport

If you are having day surgery or staying one night in hospital, you must have a responsible adult accompany you or provide transport from the hospital and stay with you for the first 24 hours following anaesthesia.

Legally you are not allowed to drive for 24 hours after an anaesthetic.

You are advised not to bring in your car.

Visitors

Waiting room space is limited in the DOSA Unit so we ask (where possible) for you to be dropped off at the main entrance of the hospital and then make your way to DOSA unit.

To maintain patient confidentiality, safety, privacy and comfort, no visitors are able to enter the Theatre or Post-operative Recovery Area, except in 'special circumstances'.

You are asked not to eat or drink in the DOSA admissions area.

What to bring with you to hospital checklist

- Your Medicare card, health care card, concession cards
- Your Private Health Insurance details – if applicable.
- All current medications you are taking in their original packaging (including any being 'held' prior to surgery).
- Relevant x-rays or scans.
- If staying overnight: A small bag with toiletries, slippers and night clothes only (storage space is limited. Your family/friends may bring in further personal clothing if needed during your recovery period).
- Wear comfortable clothes, appropriate for your surgery.
- Any walking or mobility aids you usually require.
- Glasses and case – if usually worn.
- Hearing aids and case – if usually worn
- CPAP machine – if you have one (even if you don't use it).
- Dentures – these stay in unless otherwise instructed.

Valuables

Please do not bring in valuables or large amounts of money. Noarlunga Hospital is unable to take any responsibility for your personal possessions.

Admission preparation

- You will need to have a shower at home on the morning of your operation. Depending on what operation you are having, you may be asked to use a surgical sponge to wash to help prevent infections.
- Do not apply moisturiser to the area of your body which will be operated on.
- No make-up or jewellery/piercings are to be worn to theatre (a wedding ring may be left on, if not on the limb being operated on).
- It is preferred that all fingernail and toenail polish is removed.
- Please remove a single shellac or false nail from each hand and foot.
- For limb surgery it is required to remove all fingernail and toenail polish, including shellac or false nails on the limb (hand or foot) being operated on. This allows the doctors and nurses to see your skin and nails to make sure your blood circulation is healthy and for prevention of infection.
- Please have the contact details of the person accompanying you home and staying with you for the first 24 hours following your anaesthesia for day surgery and less than 23 hour stay.

Fasting

You will need to fast before your surgery. It is important to have an empty stomach during surgery. Having an empty stomach will reduce the risk of vomiting under anaesthetic which reduces the risk of food and stomach acid entering the lungs, as this can be very dangerous.

How long do I fast for?

Do not eat anything for at least six hours before your admission. Fasting includes not eating sweets and chewing gum.

If you are allowed a light breakfast you can have a cup of tea/coffee (small amount of milk) and two slices of toast.

You may drink 200mls of water per hour only, (not milk) up until two hours before your admission, unless advised otherwise by the nurse or the doctor.

Medication may be taken with a sip of water as advised.

Medication

Please read the Medication Management for Elective Surgery Patients information sheet provided in Preadmission Clinic for instructions regarding medications to stop taking and/or continue taking. Or you may have been advised by your doctor at your clinic appointment.

Diabetes

If you are diabetic and you have a blood glucose monitor please check your blood glucose levels carefully on the day of your procedure – when you wake up and then every 1-2 hours until you get to the hospital. Write down these blood glucose levels and give them to the nurse who admits you when you get to hospital.

If you are not feeling well or your blood glucose level is very low or high before you arrive in DOSA please contact **8384 9415** and speak with nursing staff.

The nursing staff in DOSA will check your blood glucose levels regularly while you are waiting for your surgery.

Smoking and alcohol

Do not smoke, or drink alcohol from the evening before your anaesthetic. Some procedures require you to stop smoking earlier.

You may be offered nicotine replacement therapy – speak to your nurse.

Arriving on the day of your procedure

On the day of your admission you need to report to the DOSA unit. Enter via the main entrance of the hospital and follow signs to DOSA unit.

On arrival to the hospital please use the hand gel provided to clean your hands.

Clerical admission

The DOSA clerk will check your details to complete your admission.

You will be asked to provide your next of kin details, sign a health fund claim form (if you have private health insurance) and confirm that your support person is able to be contacted by phone if required.

Waiting room

The waiting room has a television for you to watch. You may want to bring in your own headphones to listen to music.

You will be admitted up to two hours before your surgery. Please be aware that waiting times may be shorter or longer depending on your theatre progress. There are six different theatre lists occurring during the day, each with different types and length of surgery. Sometimes emergencies or longer than expected theatre times can result in changes to the order of the list.

Nursing admission

A nurse will call you into a consult room to start preparing you for your surgery. Preparation may include:

- Being asked to confirm your name and date of birth. This will be asked many times during your stay as a safety measure to ensure the right patient gets the right treatment
- Taking your pulse, temperature, blood pressure and oxygen levels
- Checking your height and weight
- Going through a checklist about your health, to ensure you have fasted, to identify allergies, recent falls, pressure sores and medications taken.
- For females: 12 – 55 years and of 'child bearing potential'. If you think you are pregnant please inform nursing staff. You will also be asked if there is a possibility you are pregnant. This is because of the risks of anaesthesia, surgery and x-rays to a foetus. If it is possible that you may be pregnant or you are having a gynaecological or urological procedure you will be asked to have a urine pregnancy test. If the pregnancy test is positive the doctor will be contacted to discuss options regarding your surgery

- You may be measured for and given a pair of anti-embolic stockings to wear to help reduce the risk of a blood clot post-operatively
- You may need to see a doctor before your surgery. The doctor may mark the correct part of your body which will be operated on (this is done as a safety measure to ensure the correct procedure occurs to the correct part of your body)
- You may have an antiseptic solution painted to the area being operated on

You will then be asked to sit in a pre-operative Holding Bay until theatre staff are ready for you to come to theatre.

Please note: You will be called in order of your theatre list, not in the order of arrival.

If your surgery is cancelled you will be offered to reschedule. We apologise if this occurs. Nursing staff will keep you informed of theatre progress and/or delays.

Patient Centred Care

During your admission it is important that you are involved in your care and we encourage you to be active in the decisions made and the treatment and planning of your care.

Nursing staff will ask if you have pain, are feeling unwell or feeling too warm or too cold, or have any questions or concerns. Staff will keep you informed of theatre progress and any unforeseen delays, and check on you to see if they can make your wait more comfortable. However please don't hesitate to ask the nurse at any time if you are uncomfortable or unwell or if you have any questions.

Getting ready for theatre

Nursing staff will take you into a change room where you will change into a hospital gown. If you are a day patient your belongings will be labelled and placed in a locker, and be returned to you prior to your discharge. If you are staying in hospital overnight your luggage will be labelled and placed on a trolley and delivered to your post-operative ward.

Pre-operative holding bay

In the holding bay you will meet with theatre staff and the anaesthetist. They will ask your name and date of birth. They will also ask you questions about your health.

These questions form part of the pre-operative check before surgery and while they may seem repetitive, they are an important aspect of patient safety.

It is important that if you have any concerns or questions before your surgery you ask them now to the staff caring for you.

You will then be escorted into the theatre where you will have your operation.

Overnight patients

After your operation – and recovery

After your surgery you will remain in the recovery area for 1- 2 hours where nursing staff will closely monitor you until you are stable and comfortable, and then you will be taken to the Surgical Services Unit for your overnight stay.

Meals and belongings

You will be advised by nursing staff when you can drink and eat after you have returned to the ward that you are staying in.

Your belongings will also be transferred to your room, and your own medications will be locked away.

Day surgery patients

If you are having day surgery you will spend 1-2 hours in the first recovery area where you will be closely monitored until you are assessed as ready to return to the second stage recovery (Day Surgery Recovery Unit).

Most patients spend 30 minutes to 1.5 hours in the second stage recovery area. You will be transferred into a recliner chair, until you are ready to be discharged home. Some surgery and procedures may require a longer stay before discharge.

The nurse caring for you will regularly check your blood pressure and pulse and ask you how you are feeling and if you have pain or nausea. They will also check any wounds. When these are assessed as stable you will be ready to go home.

Meals

Light refreshments will be offered when you return to the Day Surgery Recovery Unit. This includes tea, coffee, water, juice, sandwiches, fruit, cheese and biscuits.

Day surgery discharge

Prior to discharge

When you are ready for discharge a nurse will ring your support person and ask them to park in the 10 minute "pick up" area and remain in their car. They will need to contact you on your mobile or call **8384 9415** once they have arrived.

Nursing staff will then accompany you outside to the waiting support person.

It is a requirement that your support person accompanies you home and a responsible adult stays with you for the first 24 hours after your procedure.

You will be given written discharge instructions relating to your post-operative care at home.

You may be given the following:

- Discharge medication
- Follow-up appointment
- Sick certificate

Discharge medications

If you need discharge medications, these can be supplied. You will be required to pay for this medication, which will cost about the same as at your local chemist and can be added to your Family Safety Net card.

You will receive an invoice with your medication which explains payment options.

Please telephone Noarlunga DOSA on **8384 9415** if you have any enquiries.

We want to hear from you!

Compliments?

- Tell your nurse or doctor
- Use the feedback slips
- Write a letter

For more information

Day of Surgery Admissions

Noarlunga Hospital
Southern Adelaide Local Health Network
Phone: (08) 8384 9368
www.sahealth.sa.gov.au

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Interpreter



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