

Day of Surgery Admission Unit (DOSA)

Flinders Medical Centre (FMC)

Patient information sheet

SALHN is a smoke free health service.

DOSA is open Monday to Friday, 6.30am to 8.30pm. Phone: 8204 7375

The Unit is located on Level 3 and can be accessed using the "Koala" Lifts, ground floor via the Hospital main entrance.

The function of the unit is to prepare you for your surgery/procedure on the day of your admission. Our aim is to provide a high standard of 'patient centred' nursing care to all patients.

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

Confirming your admission

Nursing staff will call or send an SMS text message between 3:00pm and 7:00pm the working day before your admission date to confirm your time of admission, your medication plan and fasting requirements.

Your admission time will be up to two hours before your surgery.

Please be aware this call will be from a private number.

If you have not been contacted between those hours, please call the Unit on 8204 7375 between 7:00pm and 8:00pm.

Fasting

Do not eat anything for at least 6 hours prior to admission. Fasting includes not eating sweets, throat lozenges or chewing gum.

You may drink 200mls of water per hour ONLY up until 2 hours before your admission unless advised by the Nurse or Doctor.

If you do not fast as instructed, your surgery will be cancelled or delayed.

What to bring to hospital

- Medicare card and any concession cards
- All current medications you are taking in the original packaging (including any being held prior to surgery)
- Mobility aids used
- CPAP machine if used (cleaned)
- Small overnight bag

On arrival - Day of Admission

A nurse will call you into a consult room to complete admission paperwork. You will then return to the waiting area until called for theatre.

Please be aware that Flinders Medical Centre (FMC) has 12 theatres operating during the day, each with several types and lengths of surgery. Sometimes emergencies or longer than expected theatre times can result in changes to the order of the list.

Your waiting time is dependent upon the flow of our theatre list, not dependent upon your arrival time.

If you are on an emergency or trauma theatre list, you will be called in order of priority/urgency. This may result in waiting for a large part of the day or your surgery may be cancelled at the end of the day.

We apologise if this occurs. Nursing staff will keep you informed of theatre progress and/or delays.

Patient Centred Care

During your admission, we encourage you to be involved in the decisions made with the treatment and planning of your goals of care.

It is important if you have any concerns or questions before surgery, that you ask the staff caring for you.

Nursing staff will regularly come into the waiting area to keep you informed of theatre progress, any unforeseen delays and to see if they can make your wait more comfortable. Do not hesitate to attend the reception desk at any time if you feel unwell or if you have any questions or concerns.

Visitors

You may bring a support person to DOSA whilst you are waiting for theatre.

To maintain patient confidentiality, privacy, safety and comfort, visitors cannot enter the theatre or post-operative recovery areas except under special circumstances.

In the interest of fasting patients, we ask support persons not to eat or drink in the DOSA admission area.

Valuables

Southern Adelaide Local Health Network (SALHN) is unable to accept responsibility for the safety of patients' personal possessions or money unless it has been accepted by SALHN for safe keeping. If you have any valuables or large sums of money with you, we advise you give these to your support person for safe keeping.

Getting ready for theatre

Pre-operative Holding Bay

The Pre-operative Holding Bay is the area where you are transferred to prior to theatre.

In Holding Bay, you will meet with theatre staff and the anaesthetist. They will ask your name and date of birth and questions about your health. These questions form part of the pre-operative check before surgery. Whilst this may seem repetitive, they are an important aspect of patient safety.

You will then be transferred into theatre for your operation.

After your operation

Recovery / Post Anaesthetic Care Unit

After your surgery, you will remain in the recovery area for 1-2 hours for close monitoring until you are ready to be transferred to a Ward or the Day Surgery Post Anaesthetic Unit (PACU 2).

Meals and Belongings

You will be advised by nursing staff when you can eat/drink on return to the ward. Light refreshments will be offered on return to PACU2. Your property will be returned once you have settled into the ward and will become your responsibility. Your medication will be safely locked away by staff and returned to you on discharge.

Day Surgery patients

The nurse caring for you will check your blood pressure, temperature, pulse, oxygen levels and wound regularly. You will also be asked if you have pain or nausea. When these are stable, you will be ready to go home.

Going home

Your nurse will ring your contact/support person to confirm you pick-up time and advise them to wait at the main entrance of FMC in the 10-minute parking zone.

Once they have confirmed their arrival to staff, you will be taken down to the car in a wheelchair.

It is required a responsible adult accompanies you home and stays with you for the first 24 hours following your procedure.

Legally, you are not allowed to drive for 24 hours after an anaesthetic. You are advised NOT to drive to hospital.

On discharge, you will have written instructions for your post-operative care at home. You may also be given the following:

- Discharge medication
- Follow-up appointment
- Sick certificate

Discharge medications

If you need discharge medications, these can be supplied by FMC pharmacy.

You will be required to pay for this medication which can be added to your Family Safety Net Card. You will receive an invoice with your medications which will explain payment options. Alternatively, the discharge script may be filled at your local chemist.

If there are delays such as waiting for medications or family to transport you home, you may be transferred to the Transit Lounge. Nursing staff are present to assist your needs.

The Transit Lounge is located on level 2 of the Northern Entrance of the hospital.

Your family and friends can collect you directly from there.

For more information

NUM DOSA/NUM Pre-Admission Clinic
Surgery and Perioperative Medicine Division
Flinders Medical Centre
Flinders Drive, Bedford Park, South Australia 5042
Telephone: 82045511

www.sahealth.sa.gov.au/fmc

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This document has been reviewed and endorsed by consumers.



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Southern Adelaide
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