

If you have any of the following conditions we suggest you visit your general practitioner prior to your planned procedure to make sure you are fit for surgery:

- If you are a smoker
- If you have diabetes
- If you take any medication
- If you have any heart conditions
- If you have asthma
- If you have any severe allergies
- If you are overweight

If you take aspirin, stay on it unless told by someone representing your specialist.

If you take Warfarin it will almost certainly be temporarily stopped or replaced. This is very important and needs to be discussed with your specialist. Phone the contact provided in the cover of your information pack.

## Preparation at home:

There are instructions about when you can and can't eat and drink before surgery written inside the front cover of your information pack. Please follow them closely. If these instructions are not followed correctly your surgery may have to be delayed or cancelled. If a tamaiti/child is having surgery and is nervous we tell them that "the bus will make you better." Talk to them and let them know that you will be there that day with them. Tamariki/children are often very keen to look around the truck and in the cab.

Make sure to wear comfortable, loose clothing and leave jewellery and ear studs at home. Remove nail polish.

## Appointment time:

On the day of your appointment, make sure that you keep the whole day free. The time in your admission pack is the time we need you to arrive at the hospital. You may have to wait for a while before surgery but staff will keep you informed.

## Operation:

The clinical team will come and get you when it is time for your procedure.

A whānau/family member or friend is welcome to accompany you onto the surgical unit. Parents or guardians are allowed to accompany their tamaiti/child, and one care giver may stay with the tamaiti/child onboard while they go to sleep.



## What to bring:

Bring a book, game or something to keep you occupied while you wait for your procedure.

If your tamaiti/child is having a procedure, please bring some activities to help with the waiting time, such as a favourite toy or book that will comfort them.

## Admission/consent:

On arrival at the hospital you will be shown to the waiting area where you will be introduced to one of the nurses on the team. They will admit you for your surgery and after that you will be seen by your surgeon and anaesthetist. They will discuss your surgery and anaesthetic with you, and give you the opportunity to ask any questions.

Once this is done they will ask you to sign the consent form which means surgery can then go ahead.



At any time you may access your own patient notes, to do this please phone:  
Mobile Health 0800 544 111

A minimal data set is held there and you will be directed to the relevant Te Whatu Ora - Health NZ contact should further information be required.