

## Important notice: Pre-surgery health check

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.

Your GP will assess your overall health and provide any necessary advice or treatment to help ensure a safe and successful surgery.

## Driving:

You must have a responsible adult to drive you home after surgery. You will not be permitted to drive after general anaesthetic or sedation.

## Preparation at home:

Please carefully read and follow the instructions written inside the front cover of your information pack about when you can and can't eat and drink. 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 is here to make you better.” Talk to them and let them know that you will be there 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.
- Bring a book, game or something to keep you or your tamaiti/child occupied while you wait for their surgery.

