

DR MYRIAM GIRGIS

KOGARAH: Suite 2, Level 5, St George Private Hospital, 1 South Street. Ph (02) 9553 1011
CAMPSIE: 383 Canterbury Rd. Ph (02) 9789 5038

General pre-operative instructions What you need to know

You are being provided this handout because you are undergoing surgery by Dr Myriam Girgis. Please take note of the following instructions to ensure the best outcome for your surgery and recovery.

Complete relevant paperwork

If you are private patient, please complete the admission forms (online / hard copy) for the relevant private hospital.

If you are undergoing surgery in the Public Hospital, please complete the relevant patient questionnaire pages on the Recommendation For Admission booklet and submit the completed booklet to the admissions office at the hospital.

Fasting before surgery

If you are having surgery in the morning, do not eat anything after midnight the night before your surgery; you can have water only until 6am the morning of surgery.

If you are having surgery in the afternoon, do not eat anything after 6am the morning of surgery (you can have a light breakfast prior to 6am the day of surgery), and you can have water only until 11am the day of surgery.

Private patient fees

If you are undergoing surgery in the private hospital, you will receive a quote from me for the surgery with the surgery item numbers for you to check rebates directly with your health fund. Please call your health fund with the provided surgery item numbers to find out your level of cover for hospital admission and your procedures.

If I am performing a major operation for you, a surgical assistant will be required with their own fees – their fees will usually be included in my quote.

My quote **will not** include the Private hospital fees or the fees for the Anaesthetist. You will receive a separate quote for these from the hospital and the anaesthetist, respectively.

Please liaise with my medical receptionist at least 1 week before your surgery regarding the anaesthetist fees which should be provided to you by the anaesthetist.

There may be costs billed by other relevant service providers (such as pathology, medical imaging, physiotherapy etc.) should this be required during your hospital admission.

If you do not hold a Private Health Fund and choose to undergo surgery in the Private Hospital, you are responsible for the full out of pocket fees for the surgeon, the Anaesthetist, the Hospital and other relevant services that may be required during your hospital stay; please call the hospital main switch on 02 9598 5555 or email healthfunds.sgp@ramsayhealth.com.au with the item numbers provided to you by me for an estimate of hospital out of pocket costs related to your surgery.

Hospital arrival and discharge

If you are undergoing surgery in the private hospital, please ensure my secretary advises you of the time to present to hospital. If you are undergoing surgery in the public hospital, the hospital nurse will ring you to advise you of arrival time. We recommend arriving early for your procedure.

Please arrange for someone to drive you to the hospital and be prepared to take you home and remain with you until you have recovered from the effects of the anaesthesia. You cannot drive for 24 hours after the anaesthesia. A train or bus is usually not suitable.

Other preparation before surgery

Please perform the provided blood test and any additional relevant investigations requested by me 2-3 days before the surgery date.

If you are having surgery on the abdomen, you will be advised to take **one microlax** at 6am the morning of the surgery. Please purchase this from the chemist.

Pre-admission clinic

You may be asked to attend a preadmission clinic or contacted by the hospital pre-admission prior to your admission to discuss your hospital stay, medical history, upcoming surgery, what to bring to hospital, any required preparation and answer questions you may have.

Your regular medication

Take all your medications up until the day of your surgery WITH A SMALL SIP of water, unless you have been provided with alternative instructions by me.

Bring all your regular medications with you to hospital.

If you are taking birth control medications, please be advised that its effectiveness may be reduced when taking antibiotics. Please ask me about this.

Asthmatic patients please bring your inhalers.

Diabetic patients please bring your insulin and glucometer if available. Please check your blood glucose prior to the procedure.

If you are taking blood thinners, any over-the-counter medications, herbal medications, or St John's Wort, please advise me and ensure I have provided you with instructions regarding these medications.

Do not smoke or drink alcohol before surgery

Smokers are more prone to wound infection and slowed healing. For this reason, you should quit smoking from at least six to eight weeks before surgery until six to eight weeks after surgery. You must not smoke for at least 24 hours before your surgery.

Do not consume alcohol for at least 24 hours before your surgery.

Shower before surgery, and do not shave

Please shower the evening before surgery and again the morning of surgery before going to the hospital. This will reduce the risk of having a wound infection.

Do not shave or remove hair the week before surgery. This will be done at the hospital before surgery if necessary.

Please do not wear jewellery, piercings, makeup, or skin products

You should not wear any jewellery, including piercings to your procedure. Contact lenses should also be taken out and glasses worn to the hospital instead.

You should not apply any products to your skin before surgery. This includes makeup, creams, lotions, hair gels and sprays, perfumes, and deodorant. Such products will add bacteria to your skin and increase the risk of infection.

Let us know if you feel unwell on the day of surgery

It is important to be healthy on the day of your procedure. If you notice any symptoms of a cold or other illness in the days leading up to your surgery, please contact the hospital or my rooms prior to your surgery.

Please note that we do our best to stay on schedule. Due to the unpredictable nature of surgery, your appointment time is an approximation, and you may be waiting a few hours. If we are running late, it is

because the patient ahead of you has been given additional time and attention to ensure a successful surgery. The same consideration will be given to you in a similar situation. Your patience and understanding are greatly appreciated.

Please refer to the relevant hospital for further information regarding preparation for your admission to hospital and what to bring.

Please call my rooms if you have any questions.

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