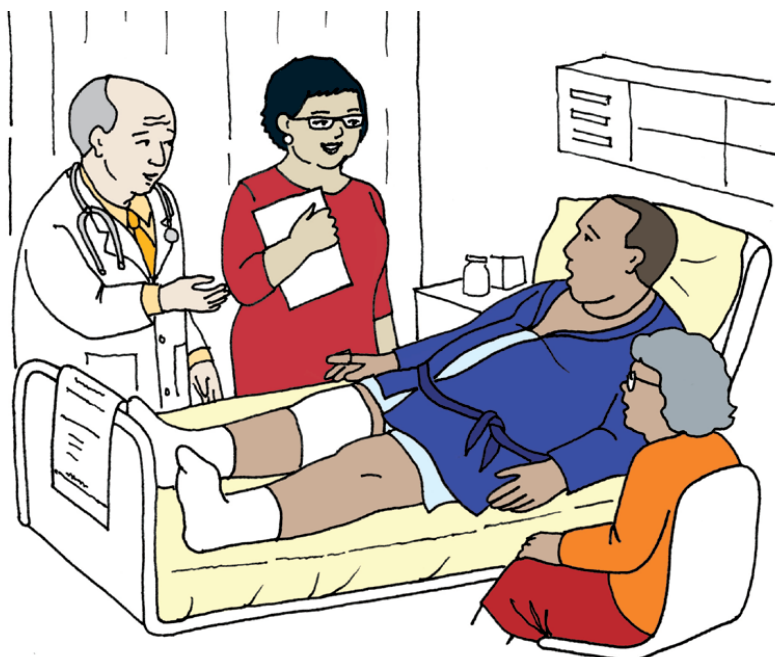


Going to hospital for surgery



In this info guide you can find information about

- Saying yes or no to surgery
- Getting information about surgery
- Planning for surgery
- Going to your hospital check-up
- Speaking up at the check-up
- The day of surgery
- Planning to go home
- Getting better at home



This means important



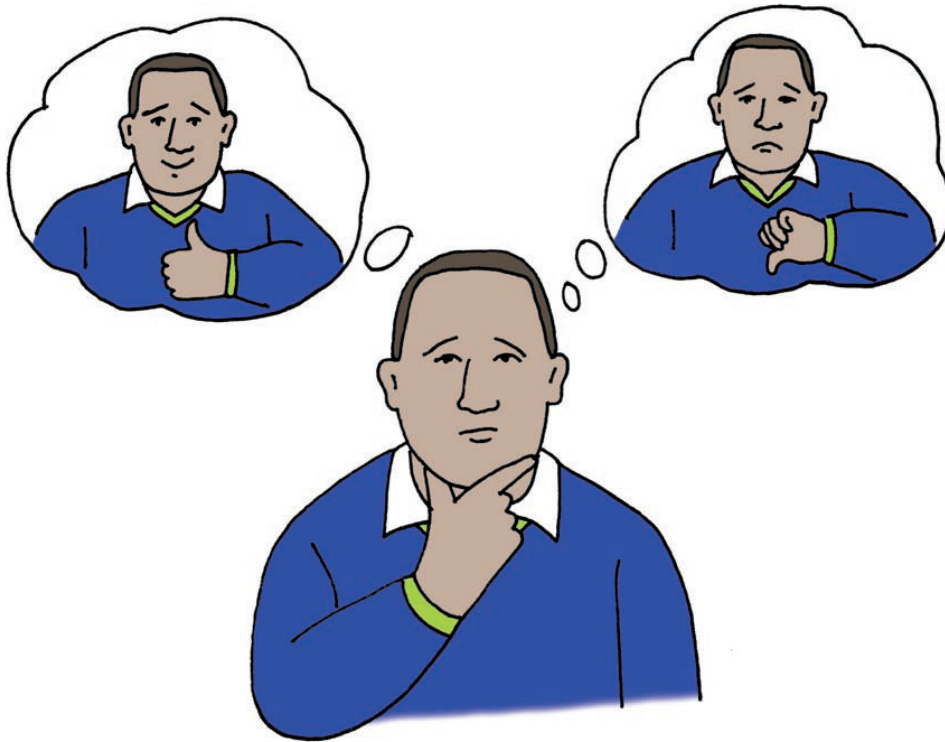
This means an idea or tip

Saying yes or no to surgery

Dr Smith thinks George should have surgery.

George is not sure about it.

Should he say yes or no?



! Find out as much as you can.

- Think about the reasons for surgery
- Ask more questions if you do not understand
- Then you can make your decision
- **The doctor needs your consent to do anything to your body**
- Consent means you say yes

Getting info about surgery

George wants to make the best choice for his health.
He asks lots of questions. Aunty asks questions too.
When George does not understand, he asks again.
Together they work it out.



Some people choose to ask another doctor about surgery. This is called getting a second opinion. This is a good idea if you are not sure. Your doctor can help find another doctor to ask.

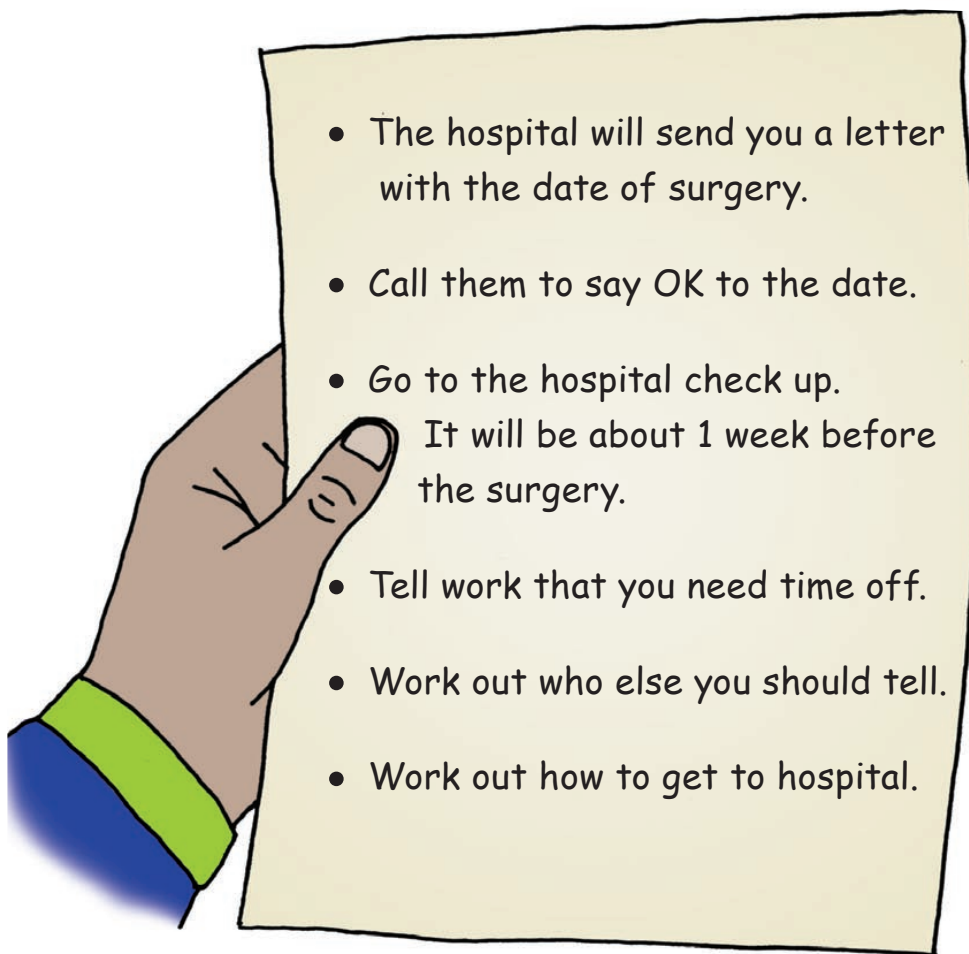
Planning for surgery

George says yes to surgery.

Dr Smith says he will go on the "waiting list".

Dr Smith tells him what he needs to do.

George asks him to write it down.



! Tell the doctor if you have no-one to help you.
Everyone needs some support.
It helps people to get back to good health.
Your doctor may help you find the right support.

Going to your hospital check up (pre-admission clinic)

Today George is having a hospital check up.

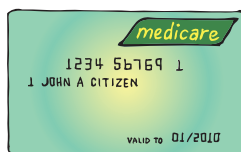
This is called a **pre-admission clinic**.

Aunty has come too.

Next week George will have his surgery at the hospital.



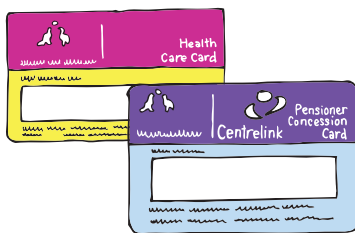
You should take these things to the check up



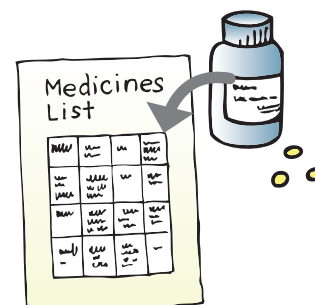
Medicare card



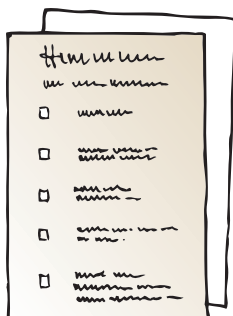
Letters/referrals
from doctors



Pension card or health care card
if you have one



Medicine list



Forms the hospital
sent you



Health records



Your My Health Matters Folder
www.cid.org.au/mhm

Speaking up at the check up

The nurse asks George a lot of questions.

The hospital staff need to know how to care for George.

They also talk about going home after surgery.

George speaks up about what he needs.

He speaks up about his worries too.



No-one to help you at home after surgery?

Speak up as soon as you can.

This can give staff time to find some help for you.

What else happens at the hospital check up?

You might talk to other doctors and nurses.

You might have tests like a wee sample or an X-ray.

You might be given info about getting ready for the day of surgery.

Info will include things like

- ✓ What to bring to the hospital on the day.
- ✓ When to stop eating and drinking before surgery.
- ✓ What to do about your medications.
- ✓ What time to get to the hospital.
- ✓ Which part of the hospital to go to.

Speak up if you do not understand.

Ask to have pictures or easy words if you need them.

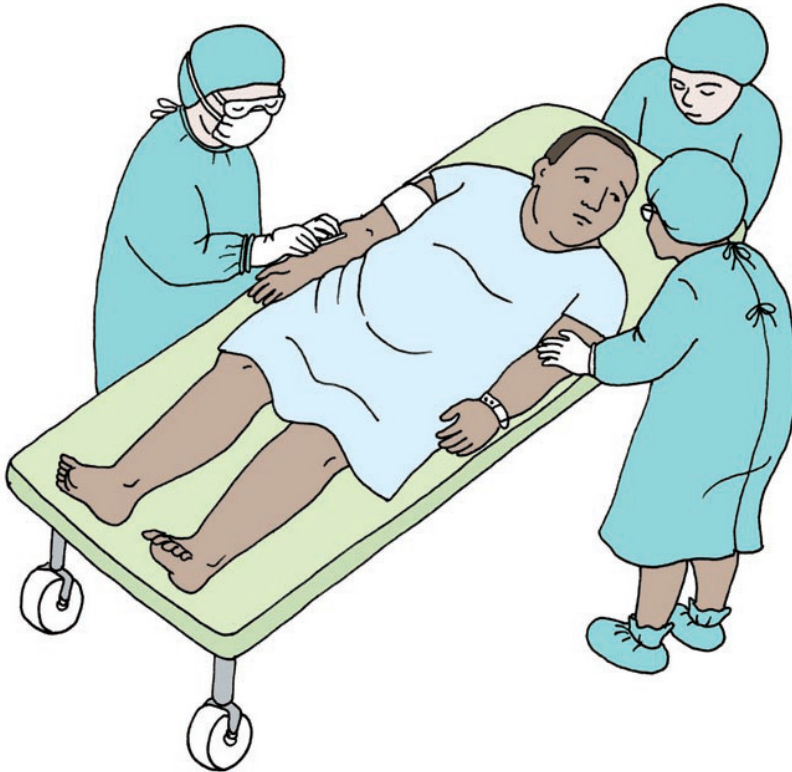
Getting ready

George and Aunty came to the hospital in a taxi.

George signed his consent form.

The nurse helped him change into hospital clothes.

She shaved his leg for surgery.



The doctor put a needle in his arm for medicine that will make him fall asleep.

It hurt a bit but not for long.



Tell the staff at hospital if you are very worried.

They can make a plan with you about how to cope.

Sometimes a support person can stay while you get your needle.

Sometimes they can be there when you wake up too.

Waking up after surgery

George wakes up in a new room.

He feels very tired.

There are lots of noises and machines.

George has sticky pads on his chest.

These keep track of his heartbeats.

Hi George, I am Sally. I am here to help you.



George feels sick.

The nurse has a sick bowl for George in case he vomits.

! After surgery there might be more things on your body. For example

- a small tube in your nose
- a small tube where your wee comes out

These will be taken out when you do not need them anymore.

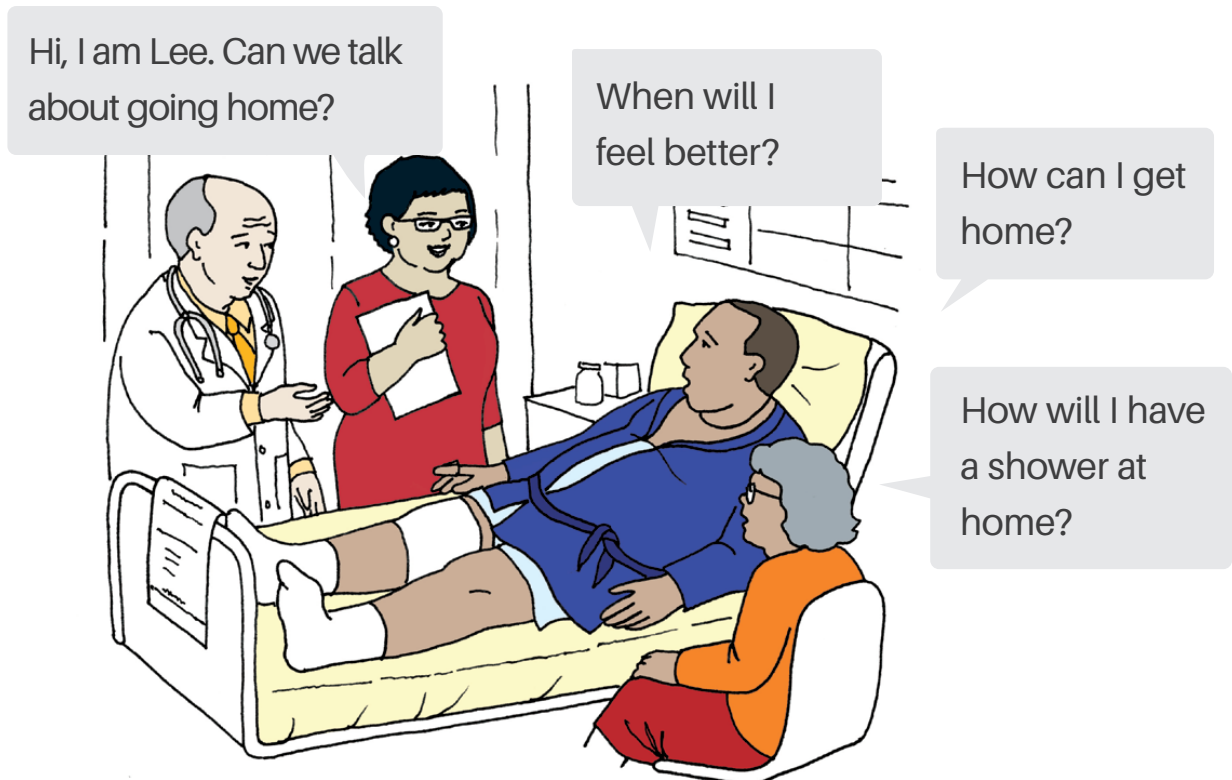
Planning to go home

George has been in hospital for 2 days now.

He is feeling much better.

He takes some medicine for the pain in his knee.

The doctor says he can go home soon.



Lee makes a **discharge plan** with George and Auntie.

! A discharge plan is written down for you. It says things like

- why you have been to hospital
- what you have to do to get better
- who can help you like the community nurse, Homecare, your family
- where and when to see the doctor again
- where and when to see other helpers

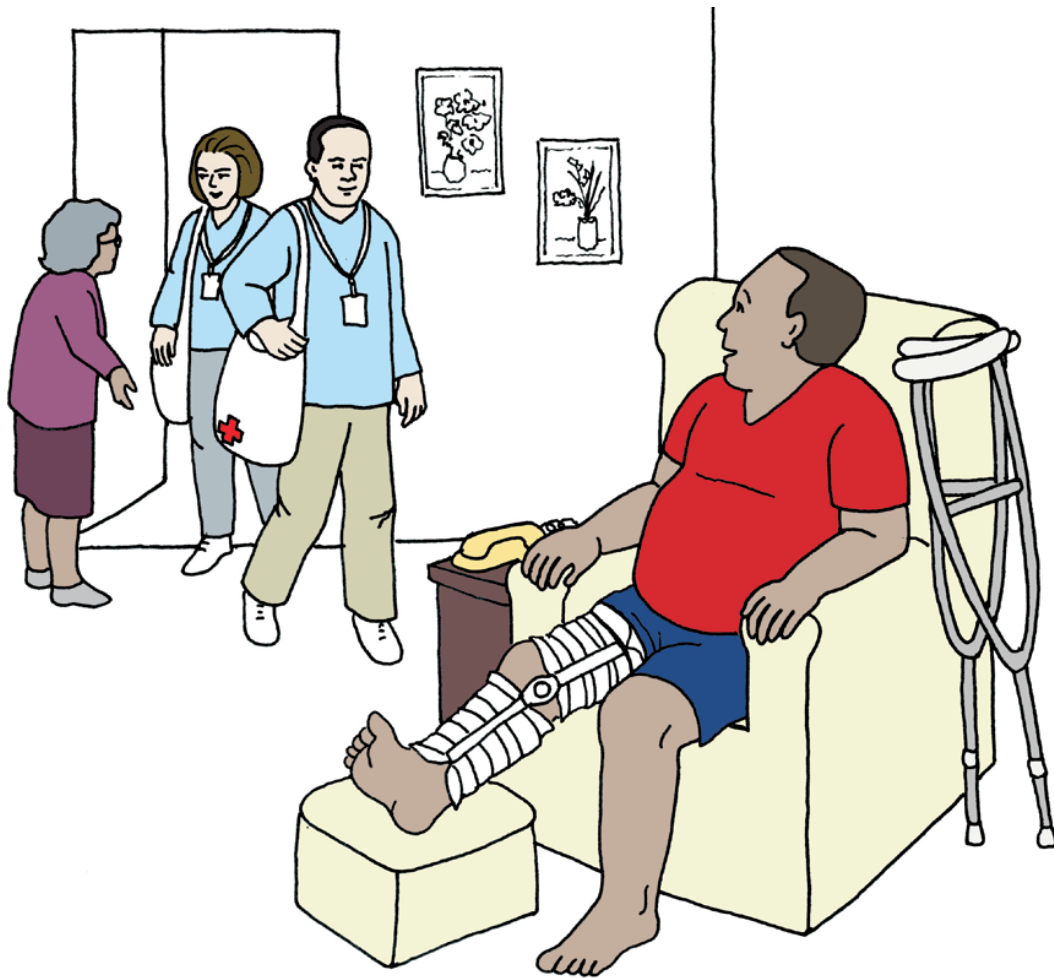
Getting better at home

George feels happy to be home again.

Aunty comes over to help with meals.

The community nurses come to check on George's knee.

Homecare help George have a shower.



George looks forward to getting back on his feet again.

Please note

This info guide is not the same as advice from a doctor.

This info guide does not know about

- Your needs
- Your health problems
- Or what is right for you.

Do not just rely on this info guide.

You should always talk to your doctor about your health.



Healthdirect

This is a phone service. Nurses can give you health info.

You can ask lots of questions. If you are not sure about your health, and you can not get to your doctor, try calling

Healthdirect 1800 022 222.



My Health Matters

My Health Matters helps you explain to doctors and other health people what is important to you.

If you would like a copy of the My Health Matters folder call us on **1800 424 065** or email mhm@cid.org.au

 www.cid.org.au/mhm



View all our easy to read health info guides here:
www.cid.org.au/health-guide

This info guide was written in July 2009.
It was updated in 2012 and 2018.



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