

## YOUR ADMISSION INTO LAKEVIEW PRIVATE HOSPITAL

Now that your surgical date is confirmed with our staff we hope you find the following information useful to assist in your admission to the Lakeview Private Hospital:

- Ensure that your hospital admission forms are completely filled in and sent back to our central booking office, Suite A12, 24 Lexington Drive, Bella Vista, NSW 2153 at least three weeks prior to your surgery.
- The admissions department will call you the afternoon prior to your surgery to confirm your arrival time and fasting time (ie the time when you have to stop eating and drinking). If you have not heard from the hospital by 4 pm, please call 8711 0700 to check arrival and fasting times.
- Don't forget to bring all of your **CT Scans/ MRI scans**. In some cases of ear, nose and throat operations, **we cannot proceed with the operation without these** scans as they are a road map of your anatomy.
- Try to eat a protein rich diet for three weeks before the operation (see our preoperative nutrition sheet).
- Don't forget to stop eating at the time the hospital advises before your surgery (this includes chewing gum).
- If you are booked to stay overnight remember to bring loose fitting pyjamas and an overnight bag
- For children please bring some books and toys, as there may be some waiting.
- For Adults a book to read, or your phone can help ease the wait.
- Please stop smoking for two weeks before and three weeks after your operation. There is very good research evidence that illustrates there can be a worse outcome for all ear, nose and throat operations if you smoke.
- Bring all your usual medicines on the day of the operation, so that our anaesthetists can see exactly what medicines you are taking.
- Take all your usual medicines with a sip of water the morning of the operation (except diabetic medicines, if you are taking them).

We look forward to meeting you again on the day of the surgery and making the operation as safe and comfortable as possible for you