

Pre- Surgery Checklist

- Make sure you have completed your pre-surgery consultation. Call the hospital if a nurse hasn't called you within 48 hours of your surgery.
- Do not consume any tobacco, recreational drugs or alcohol for at least 24 hours before your surgery.
- Consult Mr Barmare about how to take your medications before surgery.
- Make sure childcare is arranged for your children while you're at the hospital
- Make sure you have someone at the hospital during your surgery and someone to take you home after your surgery. (Ask someone to stay with you for at least 24 hours after your surgery.
- Ask your insurance provider any questions about your excess
- Inform Mr Barmare if you have symptoms of a cold, the flu, a rash, or any other illness or infection.
- Make sure you haven't eaten or drunk anything at least 8 hours before your procedure (this includes water, gum and lozenges).

Things to bring to Hospital

- A completed medication history form (if a nurse hasn't already taken this information during the pre-surgery consultation)
- Current reports from medical tests, such as blood work, X-rays or ECG results, if applicable
- List of any medications you take and their dosages
- Medicare Card
- Private Health Insurance Card
- Photo ID
- Some form of payment if you have an insurance gap
- Your living will and/or health care power of attorney if applicable
- Glasses, dentures, hearing aids if applicable
- Pacemaker or implantable cardioverter defibrillator (ICD) manufacturer card if applicable

Try not to bring anything valuable that you do not want to lose. This includes any jewellery and electronic items. Please ask the person who brings you to the hospital to keep your purse while you're in surgery.

Remember; It is totally normal to feel a little overwhelmed before surgery but do try and remain calm as much as possible.