WELCOME TO THE
DAY SURGERY UNIT
Christchurch Hospital

Telephone No. 364 4034 Mon-Fri 7.00 am – 7.00 pm

Canterbury
District Health Board
Te Poari Hauora o Waitaha
The Day Surgery Unit specialises in the care and support of surgical patients and their families.

Generally admission to the Day Surgery Unit means that you will have your surgery and be discharged home on the same day.

Our staff are committed to providing professional personalised care. Our concern is for your safety and comfort.

The Day Surgery Unit Team

The team working in the Day Surgery Unit include a Receptionist, Nurses, Surgeons, Anaesthetists, Anaesthetic Technicians, Operating Theatre Assistants and Hospital Aides.

On your admission to the Day Surgery Unit, the nursing team will plan your nursing care and arrange your discharge.

Before You Come In / Eating Instructions

Please refer to your admission letter for eating and drinking instructions. If you are unsure, please phone the Day Surgery Unit on 364 4034.

Cardioversion patients only: Do not take any of your medications prior to admission, but bring them with you to the hospital. If you are diabetic, this includes all diabetic medications/insulin.

It is OK to have up to a mouthful of water with your tablets.

Please arrange for someone to drive you to hospital. Do not drive yourself.

Please arrange for transport and someone to accompany you home and also a responsible adult to stay with you for at least 24 hours after your surgery.

A child under 16 years of age must be accompanied by a responsible adult who can stay with the child during the day.

Please ensure you have paracetamol at home before coming in, as many people require this for pain relief following their procedure.

If there is any change in your physical condition, such as a cold or fever, or if you are unable to attend for some personal reason, please ring the Day Surgery Unit as soon as possible on Telephone 364 4034 between 7.00 a.m. and 7.00 p.m. Monday to Friday.

Note: If you are having a general anaesthetic and live more than one hour travelling time from Christchurch Hospital, you must make arrangements to stay in Christchurch overnight. Please advise the staff of your contact telephone number in Christchurch.

If you require a medical certificate, please notify staff on your arrival. If you need a medical insurance form or travel form completed, please bring this with you and advise your nurse when you are being admitted to the unit.

Parking

Metered car parking is available in the hospital grounds for relatives/friends. There is also the Christchurch City Council parking building on Antigua Street which provides access to the hospital via an underground tunnel. If parking in the hospital grounds, please observe all signs as cars parked illegally will be given a parking ticket.

Where to come

Access to the Day Surgery Unit is through the front entrance of the new Christchurch Women’s Hospital building (drop off entrance from Riccarton Avenue behind the Nurses’ Chapel—see map on back page). Inside the front entrance, turn to the left and take lifts or stairs to Level 1. Report to the Day Surgery Unit Reception. If you are running late or are lost, please telephone the Day Surgery Unit on 364 4034.

What to bring

- All medicines and tablets that you are taking regularly and a list of the medicines taken in the last four weeks.
- Glasses, hearing aid.
- Book to read (optional).
- Dressing gown and slippers to wear (optional).
The Day of Admission

- Take all normal medications on the morning of surgery with a small amount of water. Do not take your medication if it is for thinning the blood or removing excess fluid, or for diabetes (unless instructed otherwise by a health professional). If in doubt, please ring the unit for advice.
- Please have a shower/bath prior to admission.
- Wear loose fitting clothes that will be easy to put on afterwards.
- Please note that your admission time is not the time of your procedure. We will do our best to ensure you have your procedure at the planned time, however this time may change due to urgent patients having priority. All possible steps will be taken to try and prevent this and we will keep you informed.
- You may be seen by a doctor to make sure you are still fit for surgery.
- Medication may be given before or during your operation/procedure for post-operative pain relief.
- You will be shown to a changing area and provided with a gown for your surgery/procedure.
- Your operation or investigation will be explained to you and then you will be asked to sign a consent form (if this did not occur prior to your admission).
- You will be weighed and your pulse, blood pressure and oxygen levels will be recorded.
- One of the theatre team will accompany you to the operating theatre where you will meet the rest of the team.

After your Surgery

- You will wake up in recovery, attached to a monitor that records your pulse and blood pressure.
- Your nurse will check your condition frequently until everything is stable.
- Once you are awake and more comfortable, you will be moved from your bed to a lazyboy chair in the ‘Stepdown’ area.

Meals

There are no set times for meals. The unit will provide food and drink for patients during your stay with us once you are able to eat and drink again. There are cafeterias in Christchurch Hospital for refreshments/meals for relatives/support people.

Discharge

When you have recovered and your condition is satisfactory, the nurses will prepare you to go home with your caregiver.

Please do not leave until you have seen your nurse and have the following:
- Discharge letter.
- Prescription if required.
- Personal items or medications that you brought in with you.
- Any follow-up appointments, etc.
- Any special instructions or dressings you may require regarding the treatment you have received.
- Answers to any questions you may have before leaving hospital.

Important Notes

- If you are not well enough to go home, you may have to transfer to another ward in the hospital for an overnight stay.
- You must not drive after an anaesthetic or sedation. You will not be able to go home on public transport or unaccompanied in a taxi. You must not drive yourself after an operation, nor use any machinery or engage in activities requiring skill or judgement for safety, or drink alcohol or sign legal documents for 24 hours after surgery.
- Should you have any problems after discharge, follow the instructions you have been given by the Day Surgery Unit staff.
Visiting
The Day Surgery Unit is open from 7.00 a.m. to 7.00 p.m. Monday to Friday. We encourage a caregiver/support person to be present during the admission and discharge procedures. The Day Surgery Unit focuses on a wellness philosophy of care, providing education and support to patients and their caregivers to recover at home. Due to limited space in the Day Surgery Unit we would like to request that you keep the number of visitors/caregivers to a minimum.

Telephones
Phones are available in the Day Surgery Unit for patients to make outside calls. Dial "1" first for an outside line. Day Surgery Unit staff will phone patient's relatives/friends if you request this or if you wish to have your family or friends ring the Unit to make enquiries, please nominate one person to do this. Please remember that due to the Privacy Act, only general conditions may be given over the phone unless you have made prior arrangements with your nurse.

Television / Radio
Televisions are available for use in the waiting room, preop and stepdown areas. Personal radios may be brought in but please use earphones and respect other patient's needs.

Shops
The Volunteers' Shop in the main entrance foyer of Christchurch Hospital sells a range of items and is open Monday to Friday 10.00 a.m. to 4.00 p.m. For a full list of available shops, refer to the Christchurch Hospital Patients' Information brochure.
An ATM and a Change Machine is available in the main foyer of the Christchurch Hospital.
A mail box is located in the entrance foyer of Christchurch Hospital.

Pharmacy
There is a retail pharmacy open until 6.00 p.m. on weekdays in the main foyer of Christchurch Hospital. However, if you receive a prescription for medication after this time, you may need to go to an After Hours Pharmacy. The nurses will assist you with this if required.

Valuables
Please do not bring valuables into hospital with you. Any valuables and possessions are brought into the hospital at your own risk.

Smoking
This campus has a no smoking policy and is completely smoke-free.

Chaplains
If you would like to see a Hospital Chaplain or priest, please ask your nurse.

Concerns or Questions
If you would like to discuss the standard of care that you have received while in the unit, please ask to speak to the Nurse Manager, put your concerns in writing or speak with the Customer Services Department. Your nurse will help you with this process. More information is available in the Christchurch Hospital Patient Information brochure available in the Waiting Room.
Canterbury District Health Board has a formal process in place to help people to make compliments/complaints about the quality of care that they receive. This information is used to ensure that we are providing a high standard of care and make appropriate changes as necessary.
Go to front entrance of the new Christchurch Women's Hospital building (drop off entrance from Riccarton Avenue is behind the Nurses' Chapel). Once inside the front entrance, turn left and take the lift or stairs to Level 1. Report to Day Surgery Unit Reception.

If you are running late or are lost, please phone the Day Surgery Unit on 364 4034. Parking is available in the City Council parking building in Antigua Street near the corner of Tuam Street.