

# Patient Information for Non-Sedated Procedures

## Your short hospital stay

You have been scheduled for a short admission to hospital for your procedure. This document provides important information to help you prepare for your admission.

## Before your procedure

Your admission confirmation letter outlines any special instructions you need to follow. These instructions have been determined by our clinical nurses following discussions with you. Please complete the admission forms online or fill out the admission forms provided by the clinic and return them to the hospital as soon as possible.

## The day of your procedure

Please arrive promptly at your admission time.

**DO NOT** bring any valuables to the hospital.

**DO NOT** wear jewellery, make up or nail polish.

Please shower on the morning of your procedure and wear clean, comfortable clothing that is easy to remove.

It is hospital policy that you do not drive after your procedure. You will be need to provide hospital staff with the contact details of the adult person responsible for escorting you home.

## Admission

Pre-admission staff will confirm that your details are correct and prepare you for the procedure.

Every attempt will be made to minimise your waiting time, but there may some delays due to unforeseen circumstances. We suggest that you bring along some reading materials.

Depending on your procedure, you may stay at the hospital for anywhere between 2 to 4 hours.



## Local anaesthetic

You may return to all your normal activities as soon as you wish unless instructed otherwise. You may experience some soreness once the local anaesthetic wears off.

This is normal, but if the discomfort persists you can call the Metro Pain Group nurses on 9595 6111 or consult your GP. If your injection has included cortisone you may experience mild reactions like facial flushing or a feeling of feverishness. These can be relieved with a simple antihistamine available from your local pharmacy.

## After your procedure

You will be taken to a recovery area where the hospital nurses will monitor your progress and check your procedure site.

If this is a diagnostic procedure you will be provided with a Pain Chart (Operation Report). Recovery nurses will assist you with this form.

Once completed and returned to Metro Pain Group, we will contact you to discuss further treatment options.

## Rescheduling and enquiries

Should you have any enquiries or require scheduling of your procedure, please notify the Clinical Support Team on 9595 6190.

## Payment

A quote for your out of pocket expenses will be provided to you prior to admission.

**Private or Uninsured Patients:** You will be required to pay the hospital admission fee in full on the day of your procedure.

Your anaesthetist may invoice you separately.

The hospital can provide you with a quote for any other expenses associated with your admission.

WorkCover, TAC or DVA will be billed directly where applicable.

# Patient Information for Sedated Procedures

## Your short hospital stay

You have been scheduled for a short admission to hospital for your procedure. This document provides important information to help you prepare for your admission.

## Before your procedure

Your admission confirmation letter outlines any special instructions you need to follow. These instructions have been determined by our clinical nurses following discussions with you. Please complete the admission forms online or fill out the admission forms provided by the clinic and return them to the hospital as soon as possible.

## Fasting

You will be required to fast for a specific time before your procedure. This means **NOTHING** to eat, drink or chew for that time.

Medications may still be taken according to your doctors instructions. They can be taken with a small sip of water.

Please refrain from smoking on the day.

Please note that your procedure may be postponed or cancelled if you do not follow these instructions.

## The day of your procedure

Please arrive promptly at your admission time.

**DO NOT** bring any valuables to the hospital.

**DO NOT** wear jewellery, make up or nail polish.

Please shower on the morning of your procedure and wear clean, comfortable clothing that is easy to remove.



An anaesthetist will administer a light sedation and you will be not be permitted to drive for 24 hours following this. You will be need to provide hospital staff with the contact details of the adult person responsible for driving you home.

## Admission

Pre-admission staff will confirm that your details are correct and prepare you for the procedure.

Every attempt will be made to minimise your waiting time, but there may some delays due to unforeseen circumstances. We suggest that you bring along some reading materials.

Depending on your procedure, you may stay at the hospital for anywhere between 2 to 5 hours.

## After your procedure

You will be taken to a recovery area where the hospital nurses will monitor your progress and check your procedure site.

If this is a diagnostic procedure you will be provided with a Pain Chart (Operation Report). Recovery nurses will assist you with this form.

Once completed and returned to Metro Pain Group, we will contact you to discuss further treatment options.

## Rescheduling and enquiries

Should you have any enquiries or require scheduling of your procedure, please notify the Clinical Support Team on 9595 6190.

## Payment

A quote for your out of pocket expenses will be provided to you prior to admission.

**Private or Uninsured Patients:** You will be required to pay the hospital admission fee in full on the day of your procedure.

Your anaesthetist may invoice you separately.

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