



family  
planning nsw  
Reproductive & Sexual Health

General Information  
for clients attending the  
Family Planning NSW  
Day Surgery Unit

## Acknowledgement of Country

In the spirit of reconciliation, Family Planning NSW acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people.

Our Day Surgery Unit at Newington is part of the traditional lands of the Wann clan, known as the Wann-gal. These lands stretch along the southern shore of the Parramatta River between Cockle Bay (Cadi-gal land) and Rose Hill (Burramatta-gal land).

## Admission process

Before your scheduled procedure you will have completed a pre-admission assessment with either a Family Planning NSW clinician or your specialist. A Family Planning NSW staff member will contact you 2 business days before your procedure to confirm your appointment time and make sure you understand the fasting requirements for your procedure.

It is important that you arrive on time for your appointment.

When you arrive, please go to the main reception desk. Our administration staff will finalise any paperwork with you and process payments if applicable.

If any of your personal details or medical information has changed since your assessment visit, please tell our administration staff when you arrive.

Although we do our best to minimise waiting times, there can sometimes be unexpected delays and we will keep you informed of progress at all times.

You will have a consultation with our admission nurse and the procedural doctor before your procedure.

**NOTE:** If you have acquired any illness (including a cold, chest infection, vomiting or conjunctivitis) please notify FPNSW as soon as possible as your procedure may need to be rescheduled.

## Fasting instructions

For any procedure with sedation (or anaesthetic) you need to have an empty stomach. This means that you:

- **DO NOT EAT** any food for 6 hours before your appointment – this includes lollies and chewing gum
- You may drink **WATER ONLY** from 6 hours before your appointment
- **DO NOT DRINK** anything in the 2 hours before your appointment – this includes water
- **DO NOT SMOKE** for at least 2 hours before your appointment
- You should take any regular medications with a small sip of water on the day of your procedure at the usual time, unless advised otherwise by your doctor.

If you eat or drink too close to your appointment time, your procedure may not go ahead.

If you have any **PRE-EXISTING** medical conditions, such as diabetes or heart disease, please let us know so that a nurse can provide you with specific instructions and we can book your appointment at an appropriate time.

If you have sedation, you **CANNOT** drive yourself home and you should not travel alone on public transport. You will need to organise for someone to drive you or escort you home. After your procedure, we will contact them when you arrive in recovery to tell them what time to collect you. Your support person can bring a snack, some light food or a drink for you for **AFTER** the procedure.

On the day of your procedure you should:

- shower in the morning - you can brush your teeth
- remove all jewellery (wedding bands can be taped)
- remove all nail polish
- do not wear any makeup, moisturisers or fragrances
- leave any valuables at home – while all care is taken Family Planning NSW does not accept liability for any lost or damaged personal items.

## What to bring

Please bring the following with you on the day.

- Photo identification – e.g. driver's license or passport
- Medicare card or Pension card (if you have one), Health Fund details and/or DVA card
- Warm comfortable clothes and nothing that is too restrictive around the tummy
- Something to read
- Your IUD or implant for your procedure (if applicable)

## Nursing admission

You will have a consultation with our admissions nurse before your procedure. During this consultation the nurse will confirm your personal details including allergies and medical history, confirm your planned procedure and record your fasting status, medical history and measure your height, weight and vital signs. If you have any questions about your procedure you can ask the nurse during this consultation

## Your Proceduralist/Surgeon

After your admission with the nurse, you will have a consultation with your proceduralist/surgeon. During this consultation, the doctor will go through specific details regarding your procedure and explain both the consent form and the risks and complications of your procedure. You will then co-sign these forms together.

## Your Anaesthetist/Sedationist

Your anaesthetist/sedationist will also meet with you before your procedure. During this consultation they will discuss your medical history, medications, and allergies and do your anaesthetic assessment. They will also discuss any post-operative care instructions related to the anaesthetic.

## After your procedure

Immediately after your procedure you will wake up in our recovery area where all your post-operative care will be expertly attended to by our experienced staff.

Depending on your procedure, you may have intravenous fluids and other equipment attached to monitor your progress.

Once you are fully awake, you will be moved to our stage two recovery area where you can comfortably sit in a lounge chair. Nursing staff will provide you with a drink and a light snack and continue to monitor your recovery.

Discharge is usually between forty-five minutes and two hours after your procedure finishes, your nurse will speak with your escort to arrange a suitable pick-up time.

You will be given information on after care instructions, emergency contacts and any follow up appointments that you may need before you are discharged from the day surgery unit.

**PLEASE NOTE:** We provide a light snack after your procedure, e.g. biscuits and juice. If you have any special dietary requirements, we recommend you bring a light snack with you. Heavy or full meals should not be eaten until after you have been discharged from the day surgery unit.

## After discharge

For the first 24 hours after general anaesthetic, assisted local anaesthesia or sedation it is important that you:

- have a carer with you for the first 24 hours after your procedure
- do not drive a car
- do not drink alcohol
- do not make any business or legal decisions
- follow all discharge instructions.

Our nursing staff will phone you 1-2 days after your procedure to check on any pain, issues with eating and drinking, and any nausea or vomiting. You will also have the opportunity to ask any questions and provide any feedback about your experience at Family Planning NSW.

Family Planning NSW are committed to providing the best possible care to our clients.

## Feedback

You will be sent an SMS message after your procedure with a link to complete our Client Satisfaction Survey. We encourage you to take the opportunity to provide feedback about your experience. Feedback can be provided anonymously and helps us to maintain our high standards of care.

If you have any concerns you would like to be immediately addressed, please call the Family Planning NSW Day Surgery Unit and ask to speak with the Nurse Manager or submit an email via our website at <https://www.fpnsw.org.au/feedback-and-complaints>

You can also contact the Health Care Complaints Commission on 1800 043 159.

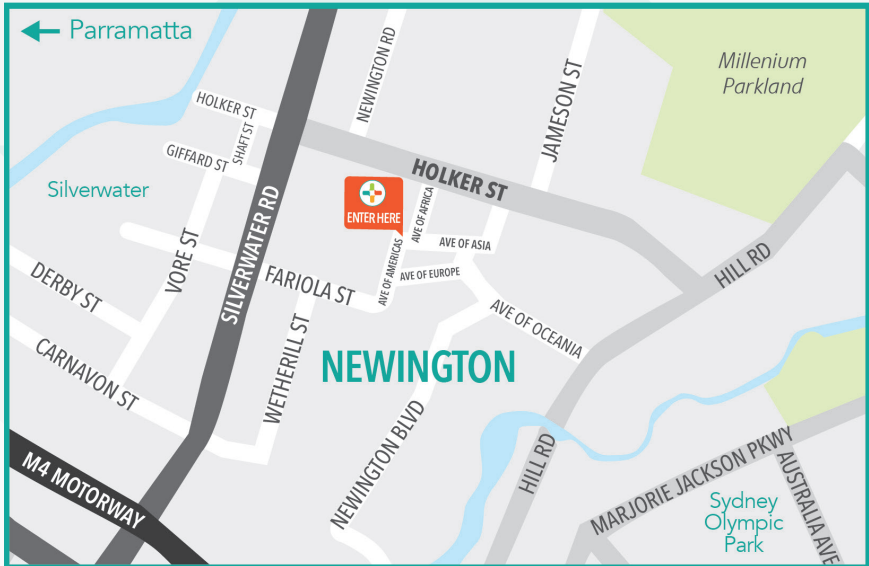
## Your rights

You have a right to:

- Privacy, dignity, courtesy and respect in all interactions with health care providers
- Treatment directed and supervised by competent and qualified health professionals
- Safe & quality care
- Information regarding treatment
- The right to withdraw consent and leave Family Planning NSW at any time
  - If you leave against expert medical advice, we do ask that you sign a document stating you are responsible for any injury or illness incurred as a result
- Care & treatment which is sensitive and respectful of your cultural values and beliefs
- Confidentiality of personal and medical information
- Be informed of costs incurred
- Participate in the planning of your care
- The right to have your concerns addressed

## Your responsibilities

- Know your medical history and provide accurate personal information
- Co-operate with the medical and nursing staff caring for you
- Respect the rights of other clients



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