

# YOUR ADMISSION INTO NORTH SHORE 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 North Shore Private Hospital:

- Ensure that your hospital admission forms are filled in and sent back to our central booking office (Suite A12, 24 Lexington Drive, Bella Vista, NSW 2153).
- The hospital will ring you the day before your operation to confirm arrival and fasting times (the fasting time is the time at which you have to stop drinking and eating before your anaesthetic). If you have not heard from the hospital by 4 pm, please call 8425 3000 to check your arrival and fasting time.
- Don't forget all of your CT Scans/ MRI scans. In some cases of ear and nose operations, we can not proceed with the operation without these scans as they are like 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 6 hours before your surgery time.
- Bring loose fitting pyjamas and an overnight bag (if you are booked to stay overnight)
- For children please bring some books and toys, as there may be some waiting.
- For Adults a book to read, or an iPod to listen to can help ease the wait.
- Please stop smoking for two weeks before and 3 weeks after your operation. There is very good research evidence that illustrates a worse outcome for all ENT 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. You can take all you normal medicines with a sip of water except diabetic medicines (if you are on them).

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

For more information on the hospital visit:  
<http://www.northshoreprivate.com.au/>