



## WHAT TO DO AND KNOW ABOUT YOUR APPOINTMENT

- If you can, please see your referring doctor or centre for a **professional ultrasound** and **blood tests e.g Blood Group and pregnancy hormone level**.
- If you cannot access a doctor, Family Planning Centre, Women's Health Tasmania or Youth Services Tasmania then **please call us** so that we can organise a professional ultrasound and blood group for you.
- The aim is that these tests are bulk billed for you so that it can be confirmed that your dates are correct and that you do **not** have an '**ectopic pregnancy**' when the pregnancy lays in a dangerous location, like the fallopian tube, cervix, ovary, abdomen. This occurs in 1 out of 200 pregnancies. Ectopic pregnancies require hospital treatment. Please bring along copies of all the results if you can. We have requested that all results are faxed to us on 90052834 or emailed to [office@hpwh.com.au](mailto:office@hpwh.com.au)
- Your BMI (which is a measure of obesity) will need to be checked as this will need to be less than 40 for surgery to be performed safely in our facility. Your safety is our priority.
- Please bring along your photo ID if possible, (or signed photograph by your local doctor, pharmacist, parent, teacher), Medicare card, Pension cards and Private Insurance Card if you have this. Payment must be made prior to surgery. The cost will be \$ 475 on the day. Local government organisations can sometimes help with this cost in certain situations.
- It is best to bring a spare pair of underwear, normal sized pad, tee shirt, socks and comfortable clothes e.g. tracksuit for your journey home.
- **You will need someone to escort you home** and care for you and your children when you arrive home. You will need to go home to bed for 3 hours and will be unsafe to care for your children or drive for 24 hours from the time of your surgery.
- You will be unable to drive yourself home from the surgery so if you cannot find a way to get to the hospital please talk with your doctor about the Patient Travel Assistance Scheme.
- You will need to FAST for 5 hours before your appointment time. If your appointment is at 3 pm then eat a meal and drink up until 10 am so that you are not starving or dehydrated. If you have been vomiting please see your doctor for medication to prevent you from vomiting on your way to see us.



- Please take your normal morning medications e.g. for blood pressure, asthma and epilepsy with a sip of water.
- If you are Diabetic, please discuss this with your doctor as we recommend halving your morning insulin as you will be fasting after breakfast. Bring along your diabetes medications and blood sugar monitoring device. Your appointment will need to be at the start of our operating list.
- If you are on oral blood thinning agents, then this must be stopped before surgery e.g. warfarin for one week and Xarelto for 48 hours and replaced with Clexane injections. Please cease aspirin for 2 days prior to surgery.
- Conversely, if you have a history of DVTs and Pulmonary Embolism please talk with your doctor about whether you need to commence Clexane injections prior to surgery.
- Your stay with us may take 4-6 hours in total or less depending on the flow of the day. You might need to consider staying overnight in Hobart with your escort as travelling home at night would be not be advisable. Again, if this is not possible please discuss accommodation with PTAS to help.
- Please read through the information sheets informing you about the **Operation, Risks** and **Post- operative Instructions**.

IF YOU HAVE ANY FURTHER QUESTIONS PLEASE LIST THEM DOWN SO THEY CAN BE ANSWERED BY YOUR TREATING DOCTOR.

ONCE WE HAVE RECEIVED YOUR CALL AND RESULTS OR REFERRAL, OUR DOCTOR WILL MAKE CONTACT WITH YOU SO THAT ANY QUESTIONS CAN BE ANSWERED. PLEASE MAKE SURE YOU PROVIDE US WITH TIMES YOU ARE ACCESSABLE BY PHONE AND THAT YOUR PHONE IS CHARGED. PLEASE LET US KNOW ABOUT ANY CONCERNS WITH PRIVACY INCASE SOMEONE ELSE ANSWERS YOUR PHONE. We will send you an SMS two days before your appointment to check that you are still coming to see us. If you have changed your mind or cannot attend, PLEASE let us know as someone might be in need of your appointment and staff are planned for your attendance. We are always very grateful if patients can respond one way or the other.