

The logo for Te Whatu Ora Health New Zealand, featuring the text 'Te Whatu Ora' in a bold, white, sans-serif font.

**Te Whatu Ora**

Health New Zealand

# Preadmission: Cervical Cerclage

Timing of your operation	Morning	Afternoon
Arrival time	7:00am	11:30am
Nil by mouth – food	From midnight	From 7:00am
Nil by mouth – water only	6:00am	11:00am

**No chewing gum, mints or milk on the day of the operation.**

## On the day of operation

Please present to: Auckland City Hospital Level 9 ORDA (Operating Room Direct Admission) where you will be prepared for your operation (see map on back).

Make sure you allow enough time to arrive on time. You will be seen by your surgeon, anaesthetist, midwife and nurse, and have the chance to ask questions. You can have one person stay with you while you wait for your operation.

Time of operation can be affected by emergency cases. We will keep you informed if a significant delay is likely.

If you have any questions or cannot attend your scheduled operation, please contact the Level 9 theatre coordinator (via the contact centre) on 09 307 4949.

# Before your operation

## Medicine/tablets

Please take all your prescribed medicine on the day of your operation with a sip of water unless otherwise directed by your doctor or midwife.

When you arrive in ORDA you may be given an Omeprazole 20mg tablet to take with a sip of water. Omeprazole is given to reduce the acidity of your stomach. It is important that you arrive on time to have this medication so your surgery is not delayed.

## Diabetes management

If you are diabetic, please follow the instructions regarding fasting and insulin doses from your diabetes midwife or LMC.

# The day of your operation

- To prevent infection, have a bath or shower and wash your hair the morning of your operation.
- Remove any makeup, nail polish or jewellery before coming to hospital. These can interfere with your anaesthetic monitoring.
- Please leave all valuables at home.
- Do not drive yourself to the hospital.
- Leave large bags in your car.

## What to bring

- Any notes from your LMC
- Medicines, inhalers, creams
- Nightwear and day clothes
- Toiletries
- Pen

## Going home - day of discharge

When you have been assessed as ready to go home/to Birthcare by your LMC or obstetric team, you will be given a discharge summary and a prescription for any medications you may need.

## General Hospital Information

### Smoking

All patients are asked about their smoking status on admission. People who smoke will be offered nicotine replacement therapy to reduce their cravings while in hospital. Auckland City Hospital has a Smokefree policy – this requires anyone wishing to smoke to do so outside the hospital site.

### Cell phones

Make sure your cellphone is on silent at night. Please be mindful of other patients' privacy when using your cellphone.

### Visiting hours

Ward visiting is from 1pm to 8pm. Family members are not allowed to stay overnight unless they have special permission from the Charge Nurse/Midwife.

### Parking

We recommend that you use carpark A. Car Park A is at the front of the hospital and can be accessed from park Road. There is a free 15 minute drop off and pick up zone in this carpark.





**Te Whatu Ora**  
Health New Zealand  
Te Toka Tumai Auckland

Classification number: WH034 (Reviewed: March 2023)  
Women's Health information Unit [hiws@adhb.govt.nz](mailto:hiws@adhb.govt.nz)

