

Instructions to take home for your 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 day of 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, nurse and have the chance to ask questions.

You can have one person stay with you while you wait for your operation/procedure.

Planned operations can be affected by emergency cases. We will keep you informed if a significant delay is likely.

If you have any other questions or cannot attend your scheduled operation, please contact the Level 9 theatre coordinator by phoning 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 will be given an Omeprazole 20mg tablet to take with a sip of water. It is important that you arrive on time to have this medication so your surgery is not delayed. Omeprazole is given to reduce the acidity of your stomach.

Diabetes management

Follow the instructions from your diabetes midwife.

The day of your operation

- In order 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 as this 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

General Hospital Information

Smoking

All patients are asked about their smoking status on admission and people who smoke will be offered nicotine replacement therapy to reduce their cravings while hospital. Auckland City Hospital has a smokefree policy—this requires anyone wishing to smoke to do so off the hospital ground site.

Cell phone

Make sure your phone is on silent at night.

Visiting hours

Ward visiting is from 1pm to 8pm, with patients' rest hours between 1pm and 3pm. We encourage visitors not to visit during rest hours.

Family members are not allowed to stay overnight unless they have special permission for the Charge Nurse.

Parking

Visitors and patients to Auckland City Hospital should use **Car Park A**. This is situated at the front of the hospital and accessed from Park Road. There is a free 15 minute drop off and pick-up zone in this car park.

▶ Going home—day of discharge

If staying overnight, discharge time is approximately 11am.

When you have been assessed as ready to go home, you will be given a discharge summary and a prescription for any medications you may require.



-  Emergency Department
-  Main Entrance
-  Level 1 Entrance (to Starship)
-  Drop off Entrance, Level 4
-  Starship Entrance
-  Parking
-  Bicycle/ Motorbike Parking
-  Bus Stops
-  Taxi Stand

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