



Information about your Admission to One Day Surgery

The Day Surgery Unit at Al-Salam International Hospital serves the patient who has surgery and returns home on the same day. Our staff are committed to help you to return to your normal health as early as possible. To facilitate this, you need to know the following prior to the procedure.

Upon Arrival

When your surgeon decides on your operation, he offers you the admission slip, including all lab tests and x-rays needed.

Firstly, on the day of surgery, you need to report to Admission Office to make an admission. You will be then directed to Day Surgery Unit accompanied by a porter.

Location

Day Surgery Unit is located on the Ground Floor near the General Emergency reception. The unit is open from 7am until 11pm from Saturday to Thursday.

What to Expect: Relax!!!!

You will be asked many questions about your health. This is important so that your concerns and needs can be identified. If you have any questions, please be sure to ask.

The nurse will identify herself to you and assist you.

You will be given an identification bracelet, which you should keep on at all times.

You will see an anesthesiologist who will ask you questions if you have not previously seen one in the anesthesiology clinic.

An intravenous line will be started and you will be given some medications to relax you and make you feel sleepy before going to the operating theatre (not necessary for all cases).

What you should know before you come into the hospital :

- Medical History and Informed consent.
- You have to inform your physician about any past surgery or any major illness you have and/or had.
- You have to notify your physician if there is any change in your physical condition such as cold, flu, fever, nausea, vomiting, diarrhea or any unusual pain before surgery.
- You will be asked to sign a consent form by your physician to perform the procedure. A parent or guardian must sign for a minor. Ask your physician to clarify any aspect of surgery you do not understand.
- Do anesthesia check-up prior to the surgery.
- Bring X-rays, scans, and/or blood reports that you have done.

Medications

- If you take tablets, medicines or inhalers prescribed by your doctor, please take your morning dose as usual with a small sip of water unless you have been specifically told not to take them.
- If you have not been given instructions about the medications you are taking, bring a list with you on the day of your operation. It is important to know which of your usual medications you should take or not before surgery.
- Ask your physician if you should stop Aspirin or anti-inflammatory medications prior to the surgery.
- Inform your physician about any allergies to any medications.

Eating (Unless otherwise instructed)

Do not eat, chew gum, hard candy and/or mints, or drink anything after midnight the night before the surgery to reduce the chances of vomiting and aspiration.

Brush your teeth, but do not swallow any water on the day of surgery.



Smoking

Smoking is not permitted inside the hospital. If you are a smoker, it will be helpful to stop smoking now, before your operation. Smoking can be very irritating to your lungs and make it harder to recover from your operation. Try taking your mind off smoking.....watch TV, read, play cards, and/or go for a walk.

Sleeping

It is good to be well rested before your operation. If you have trouble falling asleep, it may be helpful if you take a warm shower, listen to soft music or read.

Company and Driving

- Arrange for someone to be with you the rest of the day
- You must have a responsible adult drive you home or accompany you in a taxi.
- Do not drive a car, operate machinery, cook, drink alcohol or make important decisions up to 24 hours after your surgery.

Valuables

- While you are in day surgery the person accompanying you to the hospital will be responsible for any personal items you bring with you.
- If no relative is with the patient, valuables can be given to the nurse in-charge with adequate information.

After your Operation

Post Anesthesia Care Unit

After your operation you will be brought to the post anesthesia care unit which may seem to be cold and bright. Warm blankets are available for your comfort. When you are awake and alert, you will be taken back to your room where you will be given something to eat and drink. You will also receive discharge instructions at that time.



Pain

Pain is normal after an operation. Your doctor will order medicine to ease your pain. In addition, there are other things like changing position and taking your mind off your pain with television, music, books, magazines and relaxation.

Nutrition

You will have an intravenous line after your operation. This is to give you fluid and medicine that you cannot take by mouth. Once you are able to eat and drink the IV fluid can be stopped.

Exercise

It is important to exercise after an operation. Taking deep breaths, moving in bed, walking and/or doing special exercises will help you get better. Increase your activity daily as directed by your surgeon.

Discharge

Your nurse will review with you and your family your discharge instructions from your doctor. If you have questions or concerns be sure to ask. If you feel any discomfort like severe pain, contact the hospital immediately.

On Discharge - Home

- Remember to drink plenty of water and fluids every hour
- You may vomit or feel sick to your stomach, especially after the car ride home. This often passes within one hour. If the sick feeling or vomiting lasts longer than one hour, you may take anti-nausea medication prescribed by doctor. Drinking plenty of water may also help your nausea
- You can return to your normal activity and diet as soon as you feel up to it. The nurses and your surgeon will tell you if your situation is different
- Depending on what type of operation you are having, you may find it difficult to get into your car for the trip home. Try sitting down on the seat facing the door, and then swing one leg in the car at a time. Often a steady hand from the person taking you home is helpful



One Day Surgery Checklist

- Bring your admission slip
- Complete pre-operative testing if required (Blood test, x-ray, anesthesia check-up, ECG, etc.)
- Follow the instructions concerning eating and drinking you received during your visit to your doctor's clinic
- Arrange for someone to pick you up after your surgery
- Leave valuables at home, including cellular phones
- Remove all make-up before coming to the hospital, specially nail polish
- Wear comfortable, casual clothing
- Bring your insurance (if any) and identification card with you
- Arrive on time
- If you are under 18, a parent or legal guardian must accompany you
- Take or bring your medication (commonly used at home), as instructed
- Do not eat after midnight the night before coming to the hospital
- Container for contact lenses if required
- Do not wear finger nail polish, earrings or other jewellery
- Artificial dentures and contact lenses should be removed before going for operation
- Inform the nurse if you have any implanted defibrillator, pacemaker, etc...
- The nurse might shave the operation area, according to physicians order

Bill of Rights (for Day Surgery Patients)

- You shall be accorded impartial access to treatment or accommodation based on your need for services that are available regardless of your race, color, national origin, disability, age, sex, religion and source of payment of care
- You shall have the right to considerate respectful care at all times and under all circumstances
- You shall be allowed to exercise your cultural and spiritual beliefs as long as this does not harm or interfere with the well being of others or the country's laws and regulations
- You have the right within the law and facilities policies to personal and information privacy

- You have the right to expect reasonable safety of the environment and protective privacy
- You shall have the right to obtain from the provider responsible for co-ordinating for your care, complete and current information
- You shall have the right to participate in all decisions involving your care and treatment
- You or your surrogate decision maker shall have the right to refuse all drugs, tests, treatments or procedures to the extent of the law
- You shall be informed all medical consequences of such refusal
- You shall have the right to participate in considering ethical issues that arise in the course of your care including resolution of conflict in care or treatment
- You shall have the right to be informed by your physician and health care team for your care of any continuity healthcare requirements
- You shall have the right to be informed prior to the initiation of the treatment of general billing procedure
- You shall have the right to voice your complaints and have those complaints reviewed and when possible resolved

Children's Bill of Rights

- To expect the very best of care
- To expect my doctors and nurses to teach me and my family all we need to know about my illness
- To be treated as growing child with special need and interests
- To cry because I am lonely and afraid. I have the right to expect understanding of my feeling and tender loving care
- To expect that those taking care of me will write down what I can and can not do and make plans to help me get better
- To let the doctors and nurses know when I am unhappy about the care I received and that they

Patient Responsibilities

- Provision of Information
- Asking Questions
- Following Instructions
- Refusal of Treatments
- Facility Charges
- Facility Rules and regulations
- Respect and Consideration



Complaints

If you feel that you have any cause for complaint during your stay, please, in the first instance, inform the nurse incharge of your care or call extension 8888 and place your concern.

Overnight admission

On very rare occasions, patients may need to be transferred to a ward for an overnight stay.

When this happens it is usually due to :

- Some patients make a slower recovery than expected.
- Anesthetic side-effects such as excessive pain or sickness.
- More complicated surgery than originally planned.
- We will ensure that your contact is kept fully informed.

Notes: Please use this space to write down any questions you may have so that you don't forget to ask .

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In Case of Emergency or Inquire or Question

Do not hesitate to call your doctor or Day Surgery Unit nurse if you have any questions or concerns.

Contact Numbers:

Day Surgery Unit:

22232000

Ext. 1001, 1002, 1003 (open from 7am-11pm)

Emergency Unit:

22232000

Ext. 1010, 1011, 1013

