

# How to prepare for your procedure



It's completely normal to feel a bit nervous about going to hospital for your procedure. Organising yourself beforehand and being prepared can help lift some of the stress. We've put together some tips that can help you prepare for hospital and coming home afterwards.

## Our top tips

- ✓ Know your admission details – time, date and where to go upon arrival.
- ✓ Pre-organise how you'll get to and from the hospital.
- ✓ Check car parking (costs), patient drop-off zones or bus stops.
- ✓ Know what you need to bring with you.
- ✓ Have a clear understanding of your pre-hospital instructions like fasting and preparation.
- ✓ Know all your out-of-pocket costs, how and when to pay them.
- ✓ Plan ahead for when you come home.

## What to do before going to hospital

- Organise any extra help you might need, it could be as simple as someone walking your dog or watering your plants.
- Prepare some freezer-friendly meals or ask someone to do your food shopping while you're recovering.
- Pack your hospital bag.
- Ask about discharge details and follow-up appointments.
- Check if you're able to recover/rehabilitate at home.
- Have a carer on hand if you live alone.
- If needed, organise rehabilitation/independent living equipment at home, like toilet raiser, walker, etc.
- Ensure you understand and follow your doctor's post-hospital instructions properly – even write them down.
- If you won't be able to drive afterwards, make travel arrangements.
- Ask if you'll need extra support, like home nursing.
- Check you have enough medication to last you through your recovery.
- Pre-pay any bills that may be due.
- Have sufficient money at home.
- Be aware of falls or other hazards that may affect your recovery.
- Save the Health Partners 1300 113 113 number in your phone.

## What to take with you

- Pre-admission forms already filled out, to save you time.
- Medicare card, concession cards and Health Partners membership card.
- Credit card or cash to pay any excesses or co-payments.
- Your regular medications and a list of current medications from your GP.
- Contact details for your emergency contact/nominated carer/spokesperson while in hospital.
- Relevant x-rays/scans and reports as requested by your specialist (or check if specialist can view online).
- Any letters, notes and other forms from your doctor.
- Reading material to keep you occupied while you wait.
- Advise hospital of any dietary requirements.

If you're staying overnight, bring a small bag with:

- Change of clothes, personal toiletries, plastic bag for dirty clothes.
- Essential medical equipment (i.e. CAPS machine, health aids, reading glasses, hearing aids).
- Phone, tablet, chargers etc. (check with hospital if there is a safe place to keep them).
- Snacks, small amount of cash (for magazines, newspapers etc.).

## Know your recovery options

As a Health Partners member, you might be eligible for:

- Hospital in the home:** If you're clinically able and your doctor agrees, you might be able to leave hospital early and finish your recovery in the comfort of your own home. We can help you with this by coordinating nursing treatment in your home.
- Rehab in the home:** If you're able to return home and need formal rehab, a tailored, comprehensive rehab program can be designed and delivered by professionals in the comfort of your own home.

To check if you're able to access these programs or for more information call Health Partners on 1300 113 113 or search 'going to hospital' at [healthpartners.com.au](http://healthpartners.com.au)

**Your First Call**  
before planning surgery

**1300 113 113**

Plan better | Pay less | Recover easier