

Pre-Surgery Instructions

Preparing for Pre-Admission Assessment:

Please bring the following items for your Pre-Admission Assessment appointment

- 1) SingPass ID and password;
- 2) Employee medical benefits eg Hospital Identification Card, company Letter of Guarantee etc;
- 3) All medications that you are taking, for discussion with the Anaesthesiologist.

Preparing for Surgery:

Your surgery reporting time will be confirmed 1 day before your surgery.

DO NOT

X	Take any food and drinks from 12 midnight. This includes water.
X	Smoke one day before your surgery.
X	Bring valuables or excessive cash (not more than S\$20) to the hospital on the day of operation. The hospital will not accept responsibility for any losses.
X	Apply makeup, nail polish / gelish or wear jewellery.
X	Take your diabetic medication on surgery day, if you are diabetic.

DO

✓	Inform the <u>Pre-Surgery Hotline at 65761248</u> during the working hours if you are feeling unwell. E.g. Flu, Cough, Fever 7 days prior to the operation. Working hours: Monday to Friday (8am-6pm), Saturday (8am-12pm).
✓	Take your regular medication with a small sip of water (100ml) at 6am, if you have: <ul style="list-style-type: none">• High Blood Pressure• Heart Problems If you are taking any anti-platelet medications such as Warfarin, Aspirin, Ticlid, Plavix etc, please follow your physician's advice.
✓	Bring along your inhaler if you have Asthma.
✓	Dress comfortably and wear comfortable shoes.
✓	Bring along a container for your spectacles or contact lens, if you are wearing them.
✓	Report for your surgery with a parent/guardian to give consent for your surgery if you are below 21 years old.
✓	Let the nurses know if your teeth are loose or if you are wearing dentures/caps so that they can be protected or kept safely aside during your operation.
✓	Bring along all X-ray films or letters from your General Practitioner, if any, on the day of admission and hand them to the nurse.