

What should I bring with me on the morning of my admission?

- If you wear glasses, contact lenses, hearing aids or dentures bring them with you along with cases to put them in
- If you use a walking stick or any other walking aids please bring them with you.
- Bring a small bag with dressing gown, nightclothes, slippers, towel and toiletries.
- Do not bring any valuables e.g laptop, television or large sums of money as the hospital will not accept responsibility.
- You may wish to bring books/magazines etc. to keep you occupied during your wait for theatre.
- You may bring one relative/friend to wait with you before you go into surgery (space is limited)
- Bring all your medications/inhalers with you on admission.

PLANNING FOR DISCHARGE

From your admission we will be planning for your safe discharge from the hospital.

You will be given an estimated date of discharge (EDD) This is the anticipated length of your stay in hospital.

On the day of your discharge you will be required to vacate your bed before 11am

On your day of discharge you may be informed by staff on your ward that you will be transferred to the discharge lounge to complete your discharge.

DO YOU HAVE ANY FURTHER QUESTIONS REGARDING DOSA?

Following your pre-assessment if you have any further questions please contact us on

01 4144472



Patient Information

Orthopaedic Day of Surgery Admission (DOSA)



THE ADELAIDE & MEATH HOSPITAL,
DUBLIN

INCORPORATING THE NATIONAL CHILDRENS
HOSPITAL

What is a day of surgery admission?

A day of surgery admission (DOSA) is a patient's admission on the day of their surgery / operation.

Prior to admission you must attend a pre-assessment clinic which will check if you are suitable to have your surgery as a day of surgery admission.

If you are deemed suitable, you will be admitted in the morning and have your surgery on the same day.

What do I do on the night before my admission?

- You must not EAT anything after midnight on the night before your operation. However, we encourage you to DRINK 'still' water up until 0630 on the morning of your admission.
- You cannot wear any make up, nail varnish, jewellery or metal hairclips to surgery – this includes body piercings and gel/false nails, so remove them the night before admission.

- If you are having an orthopaedic operation you will need to have 2 showers/baths, one the night before your admission and one the morning before you come into hospital. You will be given an antiseptic shower gel to use at your pre assessment appointment.
- Use this gel like a shower gel washing your whole body but only from the neck down. You can use your own shampoo and facewash. Pay particular attention to the surgical area, your tummy button, your feet and any skin folds. If possible allow the gel to stay on your skin for about 1 minute before rinsing off well. Make sure you dry yourself well afterwards.
- Dress in clean/fresh clothes.

What happens the morning of my admission?

- Nursing staff will carry out your admission and carry out some routine checks e.g. blood pressure, temperature.

- Medical staff will carry out a medical admission – this will include asking about your past medical history and current medications and also includes completion of your consent.
- When operating theatre is ready you, will be brought to what is known as the 'holding bay' where your personal details and identity will be confirmed. These are all parts of the routine checks that are done to ensure your safety.
- From here you will go into the anaesthetic room where you will receive your anaesthetic. Following this you will have your operation.
- When your operation is finished you will stay in the recovery area in theatre until you are awake and comfortable.
- At this stage you will be transferred to the ward where you will be looked after until you are fit for discharge

