

Discharge planning

At the pre-admission clinic we will discuss your plan for discharge from hospital. We want to check that you will be well cared for once you leave hospital.

It is important that you inform the nurse at your appointment if you are currently receiving community services, for example:

- Meals on wheels
- Blue care
- Home care services.

These services will need to be stopped while you are in hospital and started again when you go home.

If it has been identified that you require assistance while in hospital, you will be seen by the Extended Acute Care nurse or the Transition Care nurse who will discuss with you and/or your family the care options available to you when you leave hospital.

On the day of discharge, you will leave the ward by 10.00am.

You may wait for your relatives and/or transportation in the Day of Discharge Unit on the ground floor of the hospital.

Contact details

If you have any questions or concerns please call the surgical pre-admission service:

Phone: (07) 4433 2771

The Townsville Hospital
PO Box 670, Townsville QLD 4810
Ph: (07) 4433 1111

Published by Townsville Hospital and Health Service
www.health.qld.gov.au/townsville



This patient information brochure supports National Safety and Quality Health Service Standard 2 - Partnering with Consumers



© The State of Queensland (Townsville Hospital and Health Service) 2019,
creativecommons.org/licenses/by/3.0/au



Elective surgery pre-admission service

Information for patients and carers



General information

The pre-admission clinic is located within surgical clinics on level 2 of the main hospital building.

Please present to the reception desk where you will be asked to update any changes to your address and contact details. You will then be directed to the appropriate area in the clinic.

Please allow 2-3 hours for your visit.

It is recommended that you wear clothing that is easily removed.

Your clinic appointment

Please bring with you:

- A list of your current medications, including any over the counter tablets, creams or other preparations
- A copy of any blood results (if available)
- Any private x-rays which are relevant to your surgery.

The goals of the pre-admission clinic are to:

- Ensure you are fit and well for the intended surgery
- Inform you of your fasting requirements before your surgery
- Provide you advice on how to manage your medications
- Reduce the length of time you will need to stay in hospital
- Plan for your recovery and return home.



You may be seen by:

- A surgical nurse for health assessment and education
- A resident medical officer (RMO) to complete the medical assessment
- An anaesthetic doctor to assess your fitness for your operation
- Allied health professionals such as a physiotherapist or occupational therapist.

You may also need to have some tests while you are waiting such as a chest x-ray.