

## Jewellery and body piercing

Please remove all jewellery and body piercings, including tongue studs/rings, before your surgery.

Please leave valuables at home. Townsville University Hospital will not accept responsibility for the loss of money or other valuables during your time in hospital.

## Smoking

Smoking poses a major risk for all patients having and recovering from surgery. If you are a smoker it is advisable to stop at least six weeks before surgery.

Please note that the Townsville University Hospital is a smoke-free campus.

## Important information for tonsillectomy surgery patients

If you are having tonsillectomy surgery and live outside the Townsville area, you will need to make arrangements to stay in Townsville for two weeks after your surgery.

## Contact details

### General enquiries

If you have any questions or concerns please call the elective surgery bookings office on (07) 4433 2800 between 8am and 4pm, Monday to Friday.

### After hours

For any after-hours enquiries relating to your procedure, surgery or preparation please phone (07) 4433 2490.

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

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[www.townsville.health.qld.gov.au](http://www.townsville.health.qld.gov.au)



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



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## Patient fasting, smoking and medication information

Information for patients and carers

Start time of your operating list is:

8.30am 12.30pm



### Before your surgery

To provide the safest possible anaesthetic care it is very important that patients having elective surgery have not had anything to eat or drink for a number of hours prior to their surgery.

Failure to follow these instructions may result in the surgery being cancelled because of concerns for your safety.

### Fasting

#### Children 16 years and under

Fast from **all** foods (including lollies and chewing gum), milk, tea and coffee from:

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#### Adults

Fast from **all** foods (including lollies and chewing gum), milk, tea and coffee from:

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Have a small glass of water before:

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### Medications

Please follow advice given at your pre-admission clinic appointment regarding medications prior to your surgery.

Note: Stop **all** over the counter supplement medications one week before surgery.

### Illness

If you develop a cold, flu or any other illness, please contact the elective surgery bookings office on (07) 4433 2800, 24-48 hours before admission.

After hours please contact the operating theatres on (07) 4433 2000.

### Hygiene

You must shower at home the night before and the morning of your surgery. Particular attention must be paid to armpits, groin, bellybutton and the area being operated on.

Remove any nail polish and false fingernails, including acrylic and gel nails.

