



Gynaecologic Oncology same day discharge

Enhanced Recovery After Surgery (ERAS)

Patient information

Same day discharge is when you can be safely discharged from hospital on the same day you have surgery.

Patients who are having laparoscopic (keyhole) surgery may be eligible for same day discharge.

This allows you to recover in a familiar environment, sleep in your own bed and be with your family and/or caregivers. It also reduces your risk of hospital-acquired infections and blood clots.

Research shows that it is safe to go home 4 to 6 hours after your operation without any increased risk of pain, surgical complications, or needing to return to hospital.

Your healthcare team will discuss your medical history with you to check that going home on the same day as your surgery is an option.

Before your surgery

The specialist nurse will call you the day before your planned surgery to confirm your operation and expected arrival time to hospital. If your surgery is on a Monday, the nurse will call you on the Friday before.

The nurse will also advise:

- The instructions for fasting and when to drink the provided carbohydrate drinks prior to surgery
- The instructions for using the provided chlorhexidine body wash prior to surgery.

On the day of your surgery, enter King Edward Memorial Hospital by the front entrance on Bagot Road and take the lifts in the front foyer to the 2nd floor. Turn left and follow the signs to the Day Surgery Unit.

You will speak with your team on the morning of your surgery and after the operation before you go home.



What can I expect after surgery?

You will wake up in the theatre recovery room after your operation. You may have an oxygen mask to help with breathing and a drip in your arm. There will not be a catheter in your bladder.

Once you are fully awake, you will be moved to the ward.

It is normal to have discomfort in your abdomen and you may have pain in your shoulder (from the carbon dioxide gas used in keyhole surgery). This will gradually get better.

The nurses will give you regular pain relief and anti-sickness medication as required.

You will be encouraged to eat and drink.

You will be encouraged to start moving around to help your recovery and ensure you are safe.

You will be required to pass urine and the nurses will scan your bladder to make sure it is empty.



When can I expect to go home?

You are likely to be ready to go home in the afternoon or evening on the day of your surgery (approximately 4 to 6 hours after your operation). You can go home once:

- You have been observed in hospital for a minimum of 4 hours
- Your pain is controlled
- You are eating and drinking
- You can pass urine
- You can move on your own

- You have been cleared by your healthcare team
- You have someone to pick you up and stay with you.

Once you have been cleared for discharge you can be picked up by a support person from the ward. You cannot drive yourself home or use public transport (eg: bus, taxi, train or rideshare).

Note: If you experience any complications during your surgery or anaesthetic, or do not meet the discharge criteria, you may be admitted to the hospital overnight until it is safe for you to be discharged.

Side effects of general anaesthesia

Any side effects from the anaesthetic should not last more than 24 hours after your operation. You may feel more sleepy than usual, and your judgment may be impaired.

In the first 24 hours post-op, it is important that you:

- Have a responsible adult stay with you at home
- Rest quietly at home
- Do not drive a car or operate machinery
- Do not take sleeping tablets
- Do not sign any legal documents or make important decisions
- Do not smoke or drink alcohol.



Recovering at home

It is normal to have some pain and discomfort in your abdomen for at least a few days after surgery.

Taking regular pain relief will help keep pain under control. As your body heals, the pain will decrease and you can gradually reduce the amount of pain medication you are taking.

Your team will provide you with medications and instructions for you to take home. This will include medications for pain and sickness, as well as to reduce constipation and blood clots.



When to seek medical attention after surgery

If you have any of the following symptoms, please go to King Edward Memorial Hospital Emergency Centre (open 24/7) or your nearest Emergency Department:

- Your pain is not relieved by rest or pain medications, or your pain is getting worse
- Excessive bleeding and/or discharge from your wound sites, or redness around your wounds
- High temperature
- Heavy vaginal bleeding or abnormal vaginal discharge
- Excessive nausea or vomiting.

If you have any non-urgent concerns related to your operation or recovery, you can contact the ERAS clinical nurse or oncology liaison clinical nurse on the numbers listed at the back of this flyer, or contact:

- Your GP within hours
- Healthdirect 1800 022 222 (24 hours)

Surgical follow-up

Our specialist nurse will ring you 24 to 72 hours after surgery to see how you are recovering.

You will receive another call one month after surgery from the nurse.

You should see your GP 6 weeks post-op for a wound check.

Accommodation and travel assistance

Patients coming to Perth from more than 100km away for treatment with the Gynaecologic Oncology Team are still eligible for same day discharge to local accommodation.

Options include Cancer Council accommodation in Crawford or Milroy Lodge, private accommodation (such as a hotel or motel) or staying with local family/friends. Wherever you stay, you will still need to have someone stay with you.

The Governments Patient Assisted Travel Scheme (PATS) can provide part or full assistance towards the cost of this travel and accommodation.

For more information, please contact your local PATS office or your regional cancer nurse coordinator.

www.wacountry.health.wa.gov.au or phone (08) 9781 2016

To ensure you have all the information you need to prepare for surgery, we encourage you to watch all the online 'Surgery School' videos provided, including the video on 'Same Day Surgery'.

Contact information

Enhanced Recovery after Surgery (ERAS) clinical nurse

Email: kemh.eras@health.wa.gov.au

Mobile: 0478 552 171

Contact hours: Monday, Tuesday, Friday, 7am to 3pm; Thursday, 8am to 4pm; closed Wednesday.



Oncology liaison clinical nurse

Email: oncologyliaisonclinicalnurse.kemh@health.wa.gov.au

Mobile: 0434 957 460

Contact hours: Monday to Friday, 8am-4pm.

If you have any questions about same day discharge please write them here to discuss with your treating team

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CONSUMER
REVIEWED

The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



Women and Newborn Health Service

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