

A Safe Discharge Home

Important information for day procedure patients going home from Hospital.



Things to consider before going home...

Transport home: Consider how you will travel home. If you are transferring to another local Hospital we can usually arrange transport for you.

Support network: If you live alone or have limited support, could a family member or friend come and stay with you?

Carers: Will a partner or family member who cares for you need additional assistance? Will you need assistance if you are the carer for someone else?

Food: You may consider private meal delivery services at home.

Shopping: Think about how you will get your shopping. Some supermarkets offer home delivery and some may provide phone order and delivery services. There are also food shopping sites on the internet that will deliver.

Mobility and hygiene: Will the environment in and around your home (such as stairs) make it difficult for you to manage?

Home nursing: If it becomes apparent that you will need community nursing care after your admission, we can help to arrange this. It is important to note that assistance in personal care / showering can be quite limited.

GP appointment: Have you made a follow up appointment with your family doctor following your discharge? Please ask your Nurse for further assistance.

BEFORE you have your procedure, ask yourself:

- Am I having an anaesthetic (general or sedation)?
- Who's transporting me home & how?
- Who is my support person when I arrive home and for the 24 hours thereafter?
- Will I be able to manage food preparation for 24 hours post procedure?
- Will I require shopping or groceries for 24 hours post procedure?
- Will my mobility be affected post procedure? Do I have to manage stairs at home?
- Am I required to drive anywhere for 24 hours post procedure?
- Am I required to make any important decisions for 24 hours post procedure, or sign any legal documents?

All patients who have had either sedation or a general anaesthetic MUST NOT go home without a responsible escort.

If you do not have a responsible escort organised prior to your procedure, then your procedure will need to be rescheduled for a time when an escort is available. *It is imperative that you will be safe following your procedure.*

You may not walk home, or take public transport, such as a train or tram post procedure. To travel by Taxi or Uber your escort / responsible adult must collect and accompany you.

You must have a responsible escort (a person over the age of 18) stay with you overnight, the night of your procedure. Your escort must be able to understand any post-procedural instructions given and be able to assist you or obtain medical assistance if you encounter any complications.

Concerned about your safety at home post procedure?

Talk to your pre-admission Nurse, ideally before you are admitted.