

Preparation for eye surgery

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- Shower and wash your hair either the evening prior to your surgery, or on the morning of your surgery.
- Do not have anything to eat or drink six hours prior to your surgery, this includes water. Your fasting time will be confirmed a day or so before your surgery.
- Do not fast any longer than requested, as this may be detrimental to your recovery.
- Continue to **take all your medications as you normally would** with a mouthful of water even if you are fasting (*Unless instructed differently by your doctor*).
- Please bring all your medications with you to hospital. If you are **diabetic**, please discuss fasting and your medications with the doctor who cares for your diabetes (this would be either your Endocrinologist, Eye Surgeon or local doctor / GP).
- Do not smoke or drink alcohol 24 hours prior to admission.

On the day of surgery

- Wear loose, comfortable clothes
- Bring all medications with you, and any letters from your doctor
- Do not wear makeup, a watch, jewellery or nail polish
- Do not bring large sums of money, valuables or your mobile phone (the hospital accepts no responsibility for patients' possessions).
- Insight Eye Surgery will inform you of your **admission** time. Remember that your admission time is not the time of your surgery – there may be many patients on the list and, due to a number of factors, the exact time of surgery is difficult to estimate.
- We recommend that you be prepared to spend most of the day in the hospital – bring a book.
- Due to the admission process, limited space and other patients' privacy, it is usual policy that visitors are not allowed to accompany you though to surgery.