



Royal Darwin Hospital

Department of Anaesthesia
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Royal Darwin Hospital Fit for Surgery Program

You have been placed on the operation waiting list at the Royal Darwin Hospital. You will see an anaesthetist at a clinic a few days before your operation. However, some health problems are better treated in the weeks and months before the operation. We would like to check if you have any of these health problems so we can help you recover faster after your operation.

We will be looking at three things that can affect your recovery after your operation:

Anaemia (low red blood cells)

We will check if you have anaemia. Lots of small bleeds over a long time or not eating the right foods can cause anaemia. If you have anaemia at the time of your operation you might need a blood transfusion. Anaemia can also cause heart attacks and infections. Wounds can also take longer to heal. Luckily, anaemia can be easily treated but it takes time.

Diabetes (Sugar disease)

We are also testing for diabetes. Early diabetes may not make you feel sick but it can still cause problems with your operation. If you already know you have diabetes, we will test how well your blood sugar is being controlled.

Smoking

Smoking gives you a higher chance of getting pneumonia (lung infection), wound infections, or a blood clot during or after your operation. If you are a smoker please stop smoking. The longer you stop before your operation, the better. At least 6 weeks before is best. You can get help from the QUITLINE 137848 or from your local doctor or GP.

This is also a good time to control any other health problems, such as high blood pressure or heart disease. Please see your local doctor or GP to check if these problems are under control.

You have been given a blood test form with this letter. **Please go to the Pathology Collection Room at the Royal Darwin Hospital, Katherine Hospital or Gove District Hospital between 9:00 am and 3:00 pm Monday to Friday to have your blood tests taken.** We will check the results and phone you if you need any treatment. We will also send a copy of the results to your local doctor or GP if you give us their details.

The hospital will send you a letter to let you know what date you are having the operation.

Yours sincerely



Royal Darwin Hospital
PATIENT INFORMATION FORM

FIT FOR SURGERY

Please complete this form and send it back to us by mail in the prepaid envelope provided.

Patient's Name: _____

Date of Birth: _____

Best contact no: _____

Email address: _____

Blood test: Date given: / / Hospital where given: _____

Your General Practitioner:

Name: _____

Address: _____

Your medical problems (e.g. diabetes, asthma, heart disease): _____

If you are a smoker, the number of cigarettes you smoke per day: _____

Any other concerns (I will contact you over the phone with your blood results, and I am happy to address any concerns you may have about anaesthesia at that time):



National Patient
Blood Management
Collaborative