



Brisbane South

PRIVATE HOSPITAL

PATIENT ADMISSION INFORMATION



Level 5 / 4 Paxton Street, Springwood QLD

Phone: 07 3154 3100

Email: admin@bsph.com.au

www.brisbanesouthprivatehospital.com.au



Reception

Welcome to Brisbane South Private Hospital

Your care, comfort and safety are extremely important to us.
Our experienced and compassionate clinical team is committed to supporting you at every stage of your journey through your surgery or procedure.

This booklet has been designed to help you prepare for your upcoming procedure and guide you through your admission, surgery and recovery.

If you have any questions, our team is here to help.

*"Personalised Care Is
Our Commitment"*



Our Philosophy

“Personalised Care Is Our Commitment”

At Brisbane South Private Hospital we are dedicated to providing safe, compassionate and high-quality healthcare.

Our team works together to ensure every patient receives respectful, professional and personalised care.

From the moment you arrive through to your recovery, we aim to make your experience comfortable and safe.

Pre-admission

Pre-admission is an important part of your hospital care. Please complete the pre-admission form prior to surgery date using the link below:

<https://www.preadmit.com.au/patient/bsph>

Completed forms can be returned in the following ways:

- Via the pre-admission portal
- Email: bookings@bsph.com.au
- In person at Reception: (Mon-Fri 8:00am – 4:00pm)
- By fax: (07) 3394 4248



Pre-Admission Nurse Contact Prior to Surgery

A member of our nursing team will contact you 24–48 hours before your procedure.

During this call we will:

- Confirm your procedure details
- Review your medical history and medications
- Provide fasting information
- Confirm you have organised a pick up person
- Answer any questions you may have
- Plan for discharge

The Day Before your Admission

You will receive a text message 24-48hrs prior to your surgery confirming:

- Your arrival time at the hospital
- Your fasting instructions
- Important reminders for the day of surgery

Please note that your arrival time is not your surgery time. Surgical lists may change depending on clinical priorities, surgeon schedules, and the length or complexity of procedures.

Every effort is made by our clinical team to minimise waiting times and ensure theatre lists run as smoothly as possible. However, on occasion procedures may take longer than expected, which may result in some waiting time.

We appreciate your patience and understanding as our priority is to ensure safe and high-quality care for every patient.



Fasting Instructions

Fasting is essential for your safety when undergoing anaesthesia. Food or fluid in your stomach during anaesthesia may cause serious complications.

Unless otherwise instructed:

- **Do not eat any food for 6 hours before your surgery time.**
- **Small sips of Clear Fluids can be taken up to 2 hours prior to surgery**
- **NO SMOKING or VAPING the day of your surgery**

Medication scheduled for the day of your procedure

Please ensure you ask your doctor whether you should take your prescribed medications on the morning of your procedure. If you are taking **blood thinning or diabetic medication, please discuss with your GP or admitting doctor** prior to your day of surgery. Any **weightloss or diabetic injections** please follow the GPL-1 fasting instructions.

Failure to follow fasting instructions may result in your surgery being postponed or cancelled.

Clear fluids include:

- Water
- Black tea
- Black coffee
- Apple juice (no pulp)

Do NOT consume:

- Food
- Milk
- Chewing gum
- Lollies
- Juice with pulp



GLP-1RA

FASTING INSTRUCTIONS

WHAT ARE GLP-1 MEDICATIONS?

GLP-1 medications are commonly prescribed to help manage Type 2 diabetes and support weight loss.

These medications work by:

- Helping control blood sugar levels
- Reducing appetite
- Slowing how quickly food leaves the stomach

COMMON GLP-1 MEDICATIONS INCLUDE:

- ✓ Semaglutide (Ozempic or Wegovy)
- ✓ Tirzepatide (Mounjaro)
- ✓ Liraglutide (Saxenda or Victoza)
- ✓ Dulaglutide (Trulicity)

PATIENT FASTING INSTRUCTIONS

- ✓ No solid food for 24 hours before surgery, only a clear fluid diet allowed.
- ✓ On the day of your procedure, fast for 6 hours immediately prior to your surgery. STOP your clear fluid diet, do NOT eat or drink in this time (sips of water is acceptable). Unless advised otherwise by your doctor, you may take your usual medications with a sip of water only.

WHAT IS A CLEAR FLUID DIET?

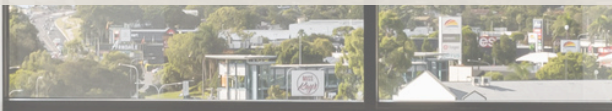
- ✓ Water
- ✓ Sports / Electrolyte Drink
- ✓ Cordial / Soft drinks, mineral water or soda water (eg. lemonade)
- ✓ Clear Juice (No Pulp)
- ✓ Black tea or Black coffee (No Milk)
- ✓ Clear soup or broth (with no solids)
- ✓ Ice Blocks (popsicles, Icy poles)





Day of Surgery

- Shower on the morning of your procedure
- Wear comfortable clothing that is easy to change
- Do not wear make-up, jewellery, nail polish or false nails
- Bring any medications required after surgery (e.g. insulin)
- Confirm you have someone to stay with you overnight if you have had a general anaesthetic or IV sedation
- Bring sufficient funds to settle accounts on admission
- Follow the Fasting instructions
- Surgery wait times vary so plan to be here for up to 6hrs



→ Reception

When you arrive at Brisbane South Private Hospital

- Report to reception on level 5
- Your identity will be confirmed
- Any payments required will be settled
- A nurse will complete your admission process
- You will change into a hospital gown
- Your surgeon and anaesthetist may review you before surgery
- You may experience some waiting time depending on the theatre schedule.
- Your safety is our priority, and several safety checks will occur before your procedure.



After Your Procedure

Following your surgery, you will be transferred to the recovery area where nurses will monitor your recovery from anaesthesia.

Before discharge:

- Your nurse will review post-operative instructions
- You may receive medication or prescriptions
- A responsible adult must collect you, your pick up will be called with your discharge time with approx. 30-60minutes notice
- You must have someone stay with you for 24 hours after your procedure.

During this time you should not:

- Drive a vehicle
- Operate machinery
- Taking public transport alone (trains, buses, etc.)
- Sign legal documents
- Drink alcohol





Paediatric Patients

If Your Child Is Having Surgery

We understand that surgery can feel stressful for children and their families. Our team will work to ensure your child feels safe and comfortable during their visit.

Parents or guardians are welcome to stay with their child before surgery.

Before Your Child's Procedure please ensure:

- Fasting instructions are followed carefully
- **No food for 6 hours prior to surgery**
- **3ml per kg of clear fluid every hour until arrival at the Hospital.**

(For example - 10kg child will receive 30ml every hour,
20kg child will receive 60ml every hour etc.)

(clear fluids include - Water / Gatorade / apple juice (no pulp) / lemonade

- Your child wears comfortable clothing - its a good idea to pack a spare pair of clothing incase of any accidents
- A favourite toy or comfort item is brought along

After Surgery

- A parent or guardian can remain in the hospital during the procedure.
- After the procedure our staff will give you a call and your child will recover in our recovery where nurses will monitor them closely.
- Once they are comfortable and stable, a Parent or Guardian can come into our stage 2 recovery area until they are ready for discharge
- Children must be supervised by a responsible adult for 24 hours after anaesthesia.



Preparing for Your Surgery Checklist

- ✓ Pre-admission form completed
- ✓ Transport home arranged
- ✓ Arrival time confirmed
- ✓ Fasting instructions followed

What to Bring

- ✓ Medicare card
- ✓ Health fund card
- ✓ Photo ID
- ✓ List of Medications

Important Reminders

- ✓ Follow fasting instructions
- ✓ Remove jewellery
- ✓ Remove nail polish and false nails
- ✓ Shower before arrival
- ✓ Wear comfortable clothing



The building and access

The facility includes modern, high quality finishes with features such hospital-grade lifts, patient drop-off zone, generous car parking, ambulance bay and disability access.



Carparking

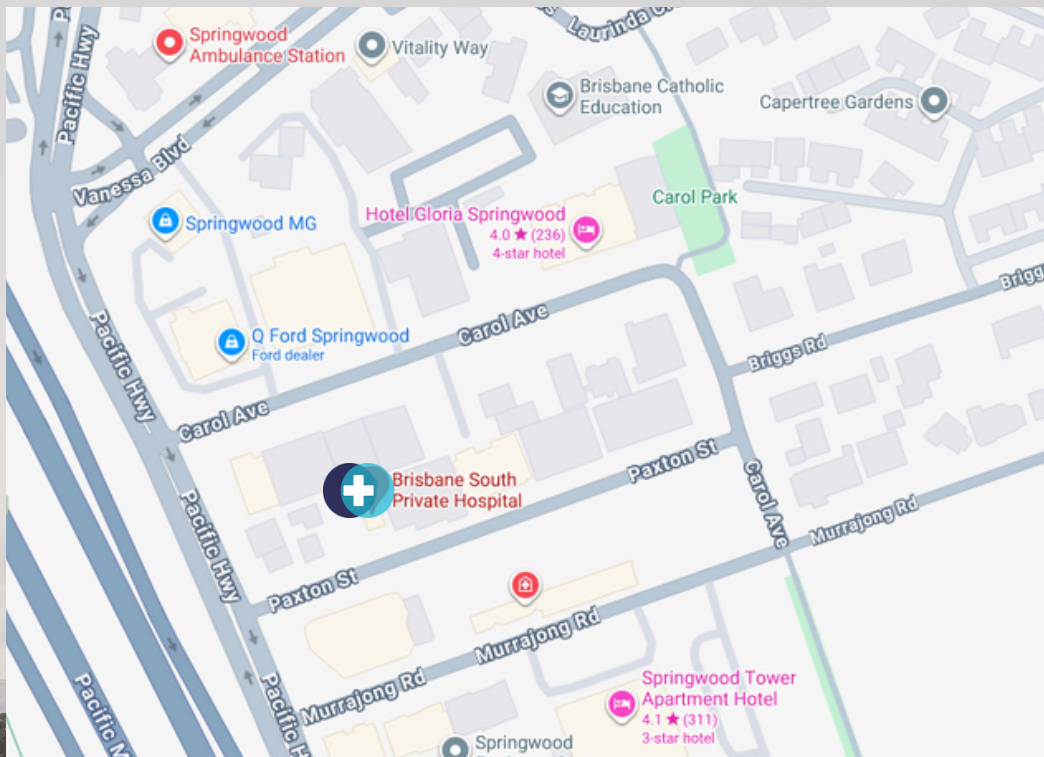
On-site undercover car parking is available on levels 1 & 2 or 2hr free street parking is also available

Coffee shop on-site

The coffee shop can be found on the ground level to refuel on drinks and snacks



We are located in the Springwood Health Building



Locality features

- ➔ 4 Paxton Street, Springwood 4127
- ➔ 19 minutes from Brisbane CBD
- ➔ 35 minutes from Gold Coast
- ➔ Close to public transport & shopping centre
- ➔ Coffee shop on-site
- ➔ Free Parking levels 1, & 2





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