

A PRACTICAL
GUIDE FOR
MANAGING ON
YOUR OWN

DAY SURGERY PREPARATION



STEADY COMPANION



Introduction

If you are expecting day surgery and do not have someone readily available to help, this guide is for you.

Many people go through procedures on their own.

It is more common than you might think.

It is also normal to feel unsure about how the day will go, especially afterwards.

This guide walks you through what to expect so you can feel more prepared, supported, and at ease.



The reality



Day surgery is often described as straightforward, but it can still feel like a lot to manage on your own.

It is not unusual to:

- feel anxious beforehand
- feel unsteady or wobbly afterwards
- feel more tired or emotional than expected
- need help getting home and settling in

Hospital and Clinic staff see this every day.

You will not be the only person feeling this way.
You are not being a nuisance by asking for help.
You are simply taking care of yourself.





Before the day, make sure you know:

- the time you need to arrive at the hospital or clinic
- exactly where at the hospital you need to be for your procedure
- when to stop eating and drinking
- what medications to take or pause
- whether you need someone to collect you
- whether someone should stay with you afterwards

You're in good shape.

If anything is unclear, it is absolutely fine to call and ask. Staff are very used to these questions and will be happy to help.



You will need a safe way to get to the clinic and home again afterwards



Most hospitals and clinics will not allow you to drive yourself home or leave on your own after sedation.

This is because:

- your reactions can be slower
- your balance may not be steady
- your judgement may be affected
- you may feel more alert than you actually are

Options include:

- a friend or neighbour
- a companion support service
- a driver plus someone to stay with you



Before you leave, take a little time to make things easier for yourself when you return.



You might:

- make your bed comfortable and ready
- prepare simple food or snacks
- place essentials within easy reach
- charge your phone
- create a calm resting space

You could feel tired when you return, so this helps more than people expect.



The day before your procedure and your Go Bag

Gather everything you need and place it in one spot so you are not searching for things on the day.

In your Go Bag, you might want to take:

- reading glasses
- phone and charger
- any paperwork, including ID
- medication list
- clothes to wear home

Then, when it's time to leave, you can simply pick everything up and go.



On the Day.



Give yourself enough time so you are not rushed.

When you arrive:

- let staff know if you feel nervous
- confirm your plan for getting home
- ask anything you are unsure about

If you need a wheelchair, you can ask for one at any time. This is normal and staff are used to helping with this.

You are not alone - people care.



Going Home Safely

After your procedure, it is common to feel: drowsy, a little unsteady, slower in your thinking not clear headed.

Even if you feel fine, your body may still be recovering from sedation.

This is why:

you really should not drive

it's better to not go home alone

you should have someone with you.

And remember:

Take your time. There is no rush.



Settling in back home



The first few hours are when support really helps.

You may need:

- help getting inside safely
- help settling comfortably
- someone nearby if you feel unsure

It is quite normal to feel out-of-sorts.

Rest, take fluids if advised, and follow your discharge instructions.

If anything feels bad, contact the clinic.



Overnight Support if needed



Some procedures require someone to stay with you overnight.

Even when it is not required, many people feel more comfortable having support.

This is especially helpful if:

- you live alone
- your mobility is limited
- you feel unsure about managing the night



Steady Companion – there for you.



A companion for:

- transport
- companionship
- settling in back at home
- overnight support

Where appropriate, and with insurer approval, a companion may be able to drive your own car.

This is not medical care. It is steady, capable support from someone who understands how these days can feel.



Steady Companion support may help if:



- you live alone
- family live far away
- friends are unavailable
- you feel anxious about managing on your own
- you've been told someone must accompany you

From a worried son in New Plymouth -

"My mother had a procedure in Wakefield Hospital, Wellington. I couldn't be there. Steady Companion met her at the hospital, took her home, and stayed through the afternoon and overnight. So when she got herself up at 2am and fell over, someone was right there - calm and competent. Knowing she wasn't alone gave us both great peace of mind."



Final Thoughts

It is pretty standard to feel unsure about going through a procedure on your own. With a little preparation and the right support, the day can feel much calmer and more manageable.



Take things slowly.
Ask for help when you need it.
Let people support you.



your checklist

A quick guide to help you feel ready.

Before the day

- Arrival time confirmed
- Eating and drinking instructions clear
- Medications checked
- Transport arranged
- Support person confirmed (if needed)
- Clinic number saved

The day before

- Go Bag ready
- Phone charged
- Clothes set out
- Home prepared
- Food or snacks ready
- Essentials within reach

On the day

- Leave with plenty of time
- Paperwork and ID packed
- Told staff how I feel
- Travel home confirmed



your checklist

A quick guide to help you feel ready.

Going home

- Safe transport in place
- Going home support
- Instructions understood

At home

- Support person with me (if needed)
- Comfortable place to rest
- Taking it slowly
- Know who to call if unsure

Extra support

- Help arranged if needed
- Overnight support considered

“One step at a time.”



Steady Companion

from CaringStay Limited

Your kind, strong supporter



Connect with us!



021 09029570



info@caringstay.co.nz



www.steadycompanion.co.nz