Checklist for Travelling Patients

For patients coming from interstate, overseas or a long way from Sydney. Patients from Orange and the Central West can go home once discharged and have their follow-up in Orange.

Before your consultation

- ☐ GP referral to Dr Rohit Kumar
- ☐ Call 1300 267 726, or +61 2 9171 1822 from outside Australia, or send photos through drkumar.com.au
- ☐ Book your consultation; at least one consultation with Dr Kumar must be in person, in Westmead, Penrith or Orange
- ☐ Plan for two trips: one for your in-person consultation and one for surgery, at least seven days apart

Booking your trip for surgery

- ☐ Arrive one to two days before surgery
- ☐ Book accommodation close to your hospital until your first review, usually 7 to 10 days after surgery; check your dates with Dr Kumar's team
- ☐ Choose somewhere with a lift, a kitchenette and a walk-in shower if possible
- ☐ Book flexible return travel in case your first review moves
- ☐ Arrange an adult support person to travel with you, or ask Dr Kumar's team about a private nurse (additional cost)
- ☐ NSW residents travelling more than 100 km each way: check whether you are eligible for IPTAAS travel and accommodation assistance

Before you leave home

- ☐ Complete the pre-surgery checklist, including blood tests through your GP
- ☐ Complete the hospital's online admission form
- ☐ Pack your compression garment, medicines in their packets, Medicare and health fund cards, and loose clothing
- ☐ Tell your GP the date of your surgery

Going home

- ☐ Travel only once Dr Kumar has confirmed it is safe
- ☐ Wear your garment, drink plenty of water and walk every hour on long trips; break long drives every 1 to 2 hours
- ☐ Have dressings and your post-operative instructions in your hand luggage
- ☐ Book your next reviews, in person or by video

> Dr Kumar's nurses (for Dr Kumar's patients): 0477 775 404 · Practice: 1300 267 726 · From outside Australia: +61 2 9171 1822