

Following your procedure

Your Consultant will talk to you after your procedure and you will receive discharge instructions before you go home.

Please ask any questions, no matter how small or simple you may think they are as the staff would like you to go home feeling confident that you have been told everything you need to know.



Blackrock Clinic

Day Care Unit
Practical Information for Patients

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Welcome to the Day Care Unit at Blackrock Clinic

We understand that coming into hospital can make you feel anxious. This factsheet contains information about our unit and aims to answer some of your questions.

Should you have any queries after reading this please do not hesitate to contact us at 01-2064326 or 01-2064327.

We look forward to meeting you and will do everything we can to make your stay as pleasant as possible.

What is a Day Care Unit?

A Day Care Unit is part of the main hospital designed to provide for your admission, procedure and return home all on the same day.

Where is the Day Care Unit?

The Day Care Unit is located on the 5th floor of the hospital building.

Your Appointment

You will be given a date and time by the Day Unit or from your Consultant's secretary. If you are unable to keep the appointment, please let the person who made your booking know as soon as possible so a new appointment can be arranged for you.

Information to assist you prepare for the day of your procedure

Fasting means that you cannot eat or drink fluids (even water) from the time given to you by your Consultant. If you are unsure as to whether you should fast or not, please contact your Consultant or the Day Care Unit.

If you are taking medications please check with your Consultant if you should take these on the morning of your procedure, especially medications prescribed for heart, blood pressure or chest complaints.

If you are having an endoscopy procedure or if you are going into theatre, please bring a dressing gown and a pair of slippers with you. If you are a parent bringing a child for a procedure, please ensure you bring their feeding bottle or beaker.

If you are having a general anaesthetic or sedation for your procedure:

- Make arrangements for a friend or a relative to take you home. Please bring their contact number with you on the day.
- If you are travelling outside of Dublin, please let your Consultant know before your procedure date.

Blackrock Clinic cannot accept liability for personal property. It is therefore advisable that you do not bring jewellery or large amounts of cash with you.

If you require medications, there is a pharmacy service available Monday to Friday. The opening hours are 09.00hrs – 17.00hrs.

Car Parking

Parking is available at the Clinic. Please note, Blackrock Clinic provides paid parking only. Rates are available from our reception area.

On the Day of your procedure

The hospital is located in the second building in Blackrock Clinic.

On arrival, please register at 5th floor reception. The staff will take your details.

A member of the Day Care Unit team will carry out your nursing admission.

You will see your Anesthetist and Surgeon before your procedure either in the Day Care Unit or in Theatre.

You will be given an approximate time for Theatre on arrival to the Unit.