



Visitor & Patient Guide

Halo Day Hospital — 301 Burger Street, Pietermaritzburg, KwaZulu-Natal · Tel: 033 815 1660 · www.hellohalo.co.za

A simple guide so you know what to bring, what to expect on the day of your procedure, and how to support a calm, healing environment.

Your day at a glance

Before you arrive, complete preadmission and pack your essentials. On the day, our team will welcome you, prepare you for theatre and support your safe recovery and discharge home.

BEFORE YOU ARRIVE

What to Bring on the Day

Documents & admin

- ID book/card or passport.
- Medical aid card and authorisation number (if applicable).
- Referral letters, consent forms and any preadmission paperwork.
- List of current medication (name, dose and frequency).

Comfort & safety

- Loose, comfortable clothing and flat shoes.
- Reading glasses, hearing aids or contact lens case.
- Essential toiletries if requested for longer stays.
- Means of payment for any co-payments or shortfalls.

Tip: Please leave valuables and large amounts of cash at home. Halo Day Hospital cannot accept responsibility for loss of personal items.

THE DAY BEFORE & MORNING OF SURGERY

Before You Leave Home

- Confirm your arrival time and fasting instructions from your doctor or anaesthetist.
- Follow fasting rules exactly — usually no food for 6 hours and clear fluids up to 2 hours before, unless told otherwise.
- Arrange transport home — you should not drive yourself after sedation or anaesthesia.
- Nominate a responsible adult to stay with you for the first night at home if advised.

What to Expect at Halo

Admission & preparation

- Report to Reception on arrival — our team will confirm your details and consent forms.
- Pre-operative checks include vital signs, allergies and medication review.
- You will be shown to the dayward or pre-operative area and prepared for theatre.

Theatre, recovery & discharge

- Procedures are performed in modern theatres by specialist teams.
- You are closely monitored in recovery until you are safe to go home.
- Before discharge you receive written instructions, prescriptions and follow-up information.

Visiting Hours & Etiquette

- Visiting hours: Typically 09:00–11:00 and 16:00–18:00 for most patients. Please confirm your specific ward times with Reception.
- Number of visitors: To keep recovery areas calm, we recommend 1–2 visitors at a time.
- Quiet environment: Please keep phones on silent and speak softly in patient areas.
- No smoking or alcohol: The entire facility is a smoke-free and alcohol-free zone.
- Children: Young children are welcome but must be supervised at all times; some clinical areas may be restricted.

Parking & Directions

Parking is available on site, with dedicated drop-off bays close to the main entrance.

- **Address:** 301 Burger Street, Pietermaritzburg, KwaZulu-Natal.
- **Drop-off:** Short-stay drop-off directly outside Admissions.
- **Accessibility:** Marked bays near the entrance for patients with limited mobility.

Facilities for Visitors

- Coffee and light refreshments available during core hours.

- Comfortable seating areas close to dayward and recovery.
- Public restrooms.
- Free Wi-Fi in public areas.

SUPPORT

If You Need Help

If you need wheelchair access, language interpretation, sensory support or any other assistance, please let us know before you arrive so we can prepare.

Important: If you feel unwell after you go home, follow the discharge instructions provided. If you are worried, call **033 815 1660** or contact your surgeon. For severe pain, difficulty breathing, chest pain or any emergency symptoms, call emergency services immediately.

Halo Day Hospital — Day surgery, done with care. This brochure is for general guidance only and does not replace medical advice from your doctor.

HALO DAY HOSPITAL