

Ambulatory anaesthesia – Instructions

Dear patient,

You have decided to undergo a surgical procedure in our facilities, where you will be provided with general or local (spinal) anaesthesia. After the procedure and anaesthesia you will be able to go to home after-care. We kindly ask you to read the following information and recommendations carefully:

1. You should inform the nurse or doctor making an appointment for your surgical procedure on you chronic illnesses and medicaments which you have been using in the long term. Please require the information if the pre-surgical examination is necessary, or you will come straight to a pre-anaesthesia examination in our facilities. It matters if you are healthy, or take medicine and you are checked in a specialist's surgery.
2. After the date of the procedure has been stated, you should undergo an internal pre-surgical examination (in case it is recommended to you), and you will undergo a pre-anaesthetic examination in our facilities shortly before the surgical procedure. If you have any questions, please contact our admission nurse, tel. no. 0911 930 782 or 0948 262 985. In case a consultation with an anaesthesiologist is necessary, the nurse will arrange a talk with the anaesthesiologist providing you with anaesthesia or with our expert guarantor MUDr. Martin Kubáni.
3. One day before the surgical procedure you should only eat easily digestible food; minimum 6 hours before the surgery you are not allowed to eat at all. 3 hours before the procedure you are allowed to drink a small amount of mineral water or tea (1 glass). If you need to take your medicine, you can do it 3 hours before the procedure. At least 12 hours before the surgery do not drink any alcohol.
4. You should consult your attending physician, internist or anaesthesiologist on medicaments which must be left out before anaesthesia.

5. After the surgery and waking up from anaesthesia, you will lie in the waking room for about 2 hours. In the waking room, your life functions will be intensively monitored. Then you will be released to home after-care or transferred to a more comfortable room, where you can remain for the time needed, or till the morning, if it is necessary or if you wish that. You can leave our clinic solely accompanied by an adult person and by car, which you should arrange beforehand. You will not be able to undergo the surgical procedure if you do not arrange an accompanying person.
6. During anaesthesia, you will be given medicaments for pain suppression. If you feel pain at your release, you will be given further analgetics to feel comfortably.
7. 24 hours following the surgery you are not allowed to drive and drink alcohol. You can eat and drink, we recommend light food in small amounts. Apart from your common medicaments you should only take those recommended to you by us upon your release. It is advisable to have a phone with you and an adult person within reach of several minutes.
8. Any difficulties or suspicions of worsened conditions which occur during the after-surgery period, will be immediately consulted with the doctor who operated on you, who provided you with anaesthesia or another person recommended to you at your release. You will receive a telephone contact at your release from the facilities.
9. On the day of surgical intervention, bring with you medical reports from the specialised examinations in case you have undergone some recently, do not forget about the pre-anaesthetic examination.
10. Before the intervention you are asked not to use any make-up, or remove it on your arrival. Any nail varnishes are unsuitable. You are advised not to bring any expensive jewellery with you.
11. At admission to our facilities, you will confirm by your signature that you have understood the instructions and you agree with anaesthesia. We will be glad to explain you the way of anaesthesia and whole intervention procedure. We will also answer all your questions related to the procedure.

12. We are pleased that you have decided for our facilities and will do everything to your satisfaction.