

Instructions before anesthesia

Dear clients

You have decided to undergo surgery at the SOFYC Clinic, which will be performed with use of anesthesia. Since after this procedure with anesthesia you will be able to go home, please read the following recommendations.

1. On the day of surgery, do not eat 6 hours before the planned surgery, you can receive fluids no more than 4 hours before surgery. You must not be under the influence of alcohol.
2. If you experience sore throat, cough, elevated body temperature or other signs of acute respiratory disease before surgery, surgery should be postponed. Please consult the SOFYC Clinic reception by phone to discuss current situation.
3. Tell the nurse or doctor who orders you to the procedure about your chronic diseases and long-term medications. If you have and are being treated for chronic diseases such as increased blood pressure, heart disease, lung disease, asthma, diabetes, thyroid diseases, neurological diseases, haematological diseases, you may need to have a preoperative examination before the planned procedure. Bring the result of the preoperative examination and findings from other specialists with you.
4. Not all medicine you take at home can also be taken in the morning on the day of surgery. Some even need to be unconsumed a few days before surgery. You will be informed about which medicine to take in the morning and which can not be eaten by your doctor performing a preoperative examination or by a doctor ordering you for surgery. In case of misunderstandings, contact the nurses at the reception at the SOFYC Clinic. Any medication taken before procedure should be ingested with minimal amount of water (max 2dcl). Bring the medicine you normally take with you.
5. Keep jewellery and other valuables at home.
6. Before surgery and anesthesia, be sure to use toilet.
7. We need one finger on the left hand without an artificial nail. Don't wear makeup before procedure.

8. If you are under the age of 18 or your legal capacity is altered, bring a legal representative with you.
9. Truthfully answer questions from an anesthesiologist during a preaesthetic examination, do not be afraid to ask him questions.
10. After surgery and waking up from anaesthesia, you will lie for about 2 hours in the recovery room, where we will monitor you intensively. You will then be placed in home treatment or moved to a room where you can stay for as long as necessary or until the wound is healed enough. You can only leave our clinic accompanied by an adult and by car, which should be provided in advance. You will not be able to undergo surgery without a secure exit escort.
11. You must not drive or drink alcohol for the next 24 hours after surgery. You can eat and drink, we recommend lighter meals in smaller quantities. In addition to your usual medicine, take only those that we recommend when you leave.
12. Difficulties or suspected worsening of the condition should immediately be consulted. You will receive a contact by phone when you go home.
13. Upon admission to the SOFYC Clinic, you will confirm by signing with Informed Consent that you have understood given documents and that you agree to anesthesia. We will be happy to explain the method of anesthesia and the entire course of performance and answer all your questions.

It is an honor for us to take care of you at SOFYC Clinic. These instructions serve to ensure maximum comfort and safety in the perioperative period and stay in the SOFYC Clinic. Our goal is your satisfaction, your early return home and your involvement in everyday life.



MUDr. Roman Schmidt

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