

## INFORMATION SHEET FOR A DEPARTMENT OF OUTPATIENT SURGERY PATIENT (GENERAL ANAESTHESIA)

Department of Outpatient Surgery  
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Your health must be assessed **before the surgery**. For this reason, you will be referred to an anaesthesiologist **before the surgery to be carried out under anaesthesia**. You will be provided with a questionnaire to fill in with details of your health status. If necessary, blood tests are taken and tests prescribed by the surgeon or anaesthesiologist are performed.

**Do not take blood-thinning medicines before surgery or replace them. Be sure to contact your family doctor or prescribing doctor.**

Shop for over-the-counter pain medications such as paracetamol and/or ibuprofen. You may need these for post-operative pain relief.

In the case of orthopaedic foot surgery, you will require crutches for your rehabilitation. Please make sure to consult with your attending physician in advance and if necessary, obtain crutches ahead of time.

The exact time of admission to the hospital will be specified by telephone no later than the afternoon of the day before the surgery. In most cases, patients are admitted in the morning.

On the evening before surgery, eat foods easy to digest and drink lots of fluids. Do not consume alcohol!

**On the day of surgery:**

- **you're not allowed to eat, drink dairy products or pulpy juices for 6 hours before the operation!** You may drink coffee without milk, tea, clear juices and water. **For at least 2 hours prior to surgery you should not drink anything!** There is a risk that gastric contents can occur in the airways during general anaesthesia if you have eaten or drank before the operation. This can cause life-threatening complications and therefore the operation could be postponed or cancelled for your health reasons;
- take a shower in the morning before the surgery, do not apply make-up;
- **administer the medication(s) prescribed by the anaesthesiologist or doctor early in the morning with 2–3 sips of water:** \_\_\_\_\_

**When coming to the hospital take with you:**

- ✓ document identifying your personality;
- ✓ footwear for use inside the hospital;
- ✓ hearing aid and/or asthma inhalers and daily medications;
- ✓ **leave all jewellery, body piercing rings and labrets and other valuables at home.**

**NB! There is paid parking at hospital premises.**

**When you arrive at the hospital, enter through the main entrance and then turn right.** Following the directions of the **day-patient surgery department (PÄEVAKIRURGIA)**, turn right before the cafeteria counter. You can follow the yellow line on the floor leading to the C5 lift. Go to **registration No. 17 of the day-patient surgery department** located on the second floor.

**NB! Please take your outer clothing with you to the department.**

- Before the operation you will have to sign a consent form for performing the surgery.
- Before the surgery you will have to dress into operation clothes that will be given to you in the day care surgery unit.
- Take off Your eyeglasses and/or take out your contact lenses and removable dentures, and leave them with a nurse on duty at the department.
- Visit the toilet before going to the operation.
- After being anaesthetised you may feel dizzy and nauseous.
- You will be able to leave the hospital on the day of surgery.

**NB! You should not drive a car or operate machinery for 24 hours after the operation due to impaired reaction ability. To get home safely, ask someone to accompany you and, if possible, arrange transportation. It is prohibited to use public transport alone after general anaesthesia. In exceptional cases, patients are allowed to take a taxi to get home.**

**In the case of a sudden deterioration of health after the surgery, contact the emergency department or call an ambulance (112).**