

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

Department of Outpatient Surgery
North Estonia Medical Centre, Mustamäe medical campus
19 Sütiste St., C-Block, III floor

Phone: +372 617 1528, 617 1529

Prior to surgical procedure, patients are required to undergo preoperative medical evaluation.

Prior to any surgical procedure performed under general anaesthesia, you will be referred to an anaesthesiologist. You will be provided with a questionnaire to fill in with details of your health status, past and present illnesses and daily medications, hypersensitivity to medications, history of surgical procedures, and lifestyle habits (smoking, alcohol consumption, etc.). Medical testing, requested by a surgeon or an anaesthesiologist are performed before proceeding with a surgical procedure.

Administering of blood thinning medications should be cancelled or medications replaced one week before the surgery – 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.

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 should not drink dairy products or pulpy juices, eat, chew gum or smoke for 6 hours before the operation! For at least 4 hours prior to surgery you should not drink water!** There is a risk that gastric contents can occur in the airways during general anaesthesia if you have eaten or drunk 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 swallow the water when brushing your teeth;
- 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;
- ✓ elastic bandage in case of the operation of the leg veins;
- ✓ crutches in case of orthopaedic operation;
- ✓ 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 coming to the hospital, enter the main entrance of the building and **follow signs for the Day Surgery Department (PÄEVAKIRURGIA)** – go to the atrium and before the café counter, turn right to the outpatient clinic. After you have passed registration desk No. 11, you will reach elevators C4 and C5 which will take you to the registration desk of the Department of Outpatient Surgery on the II 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.
- Take the analgesics in the event you experience pain after the operation.

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).