

## Instructions for patients coming in for a day surgery procedure

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### Getting ready for the procedure

Do not eat or drink anything for 6 hours before coming to the Day Surgery unit. If you wish, you may drink a glass of water 2 hours before coming to the hospital. Take a shower in the morning and wash yourself carefully. Do not put on makeup. Remove nail polish and leave jewellery at home. If you have piercings, you must remove them before the procedure.

### Medication

If you are on regular medication for heart disease and blood pressure, asthma or epilepsy or if you are taking cortisone medication, take them with a little water before coming to the hospital. Bring your asthma inhalers and insulins with you to the hospital. If you are taking Marevan® or other blood thinners, your medication will be paused as instructed. The medication is paused starting on \_\_\_\_\_.

### When to come to the hospital

Please come to the Day Surgery Unit located in Building O, 2nd floor, on \_\_\_\_\_ at \_\_\_\_\_ for your scheduled procedure.  
(Map attached).

### Procedure

The procedure is performed under general anaesthesia/local anaesthesia/oral premedication. You may be discharged in the afternoon (4–6 hours after the procedure) with someone who can pick you up from the hospital. The time of discharge depends on the procedure performed and the type of anaesthesia and pain medication used. If they wish, the person picking you up may inquire about the time of discharge by calling the Day Surgery nurse, tel. (02) 627 3840 or (02) 627 3848.

### Criteria for discharge

- Pain is under control with oral pain medication.
- You are able to walk unassisted.
- You are able to eat and drink.
- You are able to urinate.
- There is no heavy discharge.
- You have an adult staying with you until the following morning.

## **Other things to take into consideration**

Due to the medications used during the procedure, driving a motor vehicle is not allowed for 24 hours. Alcohol use is also prohibited for the next 24 hours because the medications used in the procedure have interactions with alcohol. The procedure is a day surgery procedure. An invoice will be sent by post to your home address.

## **Contact information**

If you have any concerns, call the on-call gynaecology nurse, tel. 044-707 7822.

For appointment queries, call the gynaecology outpatient clinic secretary, weekdays 12 noon – 2.30 pm, tel. 02-627 7811.

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Customer service, tel. 02 62771