

Preparation for Your Anesthesia



Dear patient,

Please take note of the following information to ensure that you are well-prepared for the upcoming anesthesia:

- Fill out the enclosed **anesthesia questionnaire** and return it signed via email or post to us. The questionnaire provides important information about your medical history and current health. Particularly, details regarding any allergies or medications you are taking are crucial for us. Based on this information, we can determine if further assessments by your primary care physician or a specialist are necessary.
- Before your admission to the clinic, you will have an **informative discussion** (consultation) with one of our specialist doctors. Our office will contact you to schedule an appointment. In most cases, this discussion can take place over the phone. In special circumstances or upon your request, we can conduct the consultation at the clinic. During this discussion, you will be informed about possible anesthesia procedures, their risks, and potential alternatives. In the case of a telephone consultation, please have the enclosed **anesthesia information** at hand. Any questions you may have will be addressed during this conversation. Additionally, you will be reminded of **fasting times** and instructed on taking your **personal medications** before the procedure.
- Depending on the type and timing of your procedure, you will be summoned for admission to the clinic on the day of the surgery or the day before.

Here is some additional information:

- Please strictly adhere to the **fasting times**: you may eat up to 6 hours before the procedure, and clear liquids (tea, water) are allowed up to 2 hours before.
- If available, bring your **blood type card**.
- Visual and auditory aids: **remove contact lenses** before the procedure. You can wear glasses until the induction of anesthesia if needed. If significantly impaired, you can bring **hearing aids** into the operating room; please also bring the appropriate storage container.
- Leave dental appliances, artificial hairpieces like wigs, and prosthetics on the ward.
- Before you are taken from the ward to the anesthesia preparation room, the anesthesia specialist assigned to you will visit you to address any remaining questions.

We wish you all the best!