

You are due to undergo a surgical procedure or treatment at Ziekenhuis Amstelland. In consultation with you, your treating specialist has decided that you will be admitted to the hospital for this purpose. Please read this information carefully to ensure you are well-prepared.

Preparation — the day before your admission

The Admissions Department will call you to tell you your surgery date. Please call the for your relevant clinic one working day before the surgery, between 14:00 and 16:00, to find out when you are expected at the hospital. If your surgical procedure is due to take place on Monday, please call us on the Friday before.

- Upstairs Clinic +31 20 755 7093
- Obstetrics +31 20 755 7111

If you are unable to attend or ill, please phone us as soon as possible. Please also call the unit if you feel ill or have a temperature over 38.5 °C shortly before admission.

Preparation — the day of your surgical procedure

- Medicines (pills, tablets) that you can take at home with a sip of water. The anaesthetist will tell you which medicines you should take on the day of surgery. These are:

- Shower or bath at home on the day of the surgical procedure.
- Eye drops according to schedule. **(if applicable)**
- No make-up/body lotion/nail polish/jewellery/facial cream.
- Remove 1 gel nail from left and right finger.

- Laxation using Microlax or another type of enema to empty the bowels. **(if applicable)**
- Other preparation:

Empty stomach

It is important not to eat or drink prior to your admission so your stomach is as empty as possible. This is also referred to as 'fasting'. Fasting is important as any food present in your stomach increases the risk of the contents of your stomach entering your lungs, which can cause severe pneumonia. **If you do not have an empty stomach, the surgical procedure will not proceed for your safety.**

To ensure you have an empty stomach, please stick to the following rules:

From six hours **prior** to your admission time:

- You may **not** eat anything.
- You may drink **1 glass** of the following options: water, clear apple juice, lemonade (from squash) or tea (without milk, sugar is allowed).
- You may **not** drink milk, dairy products, fizzy drinks or alcohol.
- No** smoking.
- You may brush your teeth.

From two hours **prior** to the surgical procedure:

- You may **not** eat or drink anything. (No chewing gum/smint/peppermint either.) You can still take prescription medicine (with a sip of water). The medicines you may and may not take will be discussed during your pre-operative screening.

Report to the reception desk

Please report to the reception desk of the Upstairs Clinic at the agreed time.

Rooms

There are no separate rooms for men and women. You may use your mobile phone. To make sure that other patients are not disturbed, please be considerate to your fellow patients when making phone calls.

Identification

During your stay at the hospital, you will wear a wristband with your name and date of birth. To confirm your personal details, various hospital staff members will ask for your name and date of birth. This verification is important for your safety and for the quality standards we are required to meet as a hospital.

Surgical procedure and treatment

Before the surgical procedure

Immediately before the procedure, you will put on a special surgical gown. We cannot confirm the exact time at which the procedure will take place. Unforeseen circumstances may lead to your surgical procedure being performed earlier or later than scheduled.

The surgical procedure

Preparations for the procedure and your anaesthetic will be made at the holding area. These general preparations include taking your blood pressure, inserting a drip and applying heart monitoring stickers. A final check will be carried out before you are given the anaesthetic. This check is performed to ensure that you are the correct patient and that the

correct procedure is carried out on the correct side of your body.

After the surgical procedure

Immediately after the procedure, you will be woken up and taken to the recovery room. Once you are awake and your pain is under control, the nurse will collect you.

On your return to the unit, the nurse will notify your contact person by telephone.

Returning home

Contraceptives

If your surgical procedure was performed under a general anaesthetic and you take a contraceptive pill, please remember that protection against pregnancy is not guaranteed for the rest of your cycle.

Use of your data Ziekenhuis Amstelland collects various data for quality control, for example, about hospital infections. If you object to your data being used, please notify your attending nurse or doctor. If you do not notify us, the hospital will assume that you have no objections to your data being used anonymously for quality control.

Questions or unexpected symptoms

If you have any questions or unexpected symptoms after returning home, please call the Upstairs Clinic at +31 20 755 7093 or the hospital's general number, +31 20 755 7000.

Checklist

What to bring with you and what to leave at home We advise you not to bring valuables such as jewellery or large amounts of money with you to the hospital. They may get lost. The hospital cannot be held liable for this.

Bring with you:

- Dressing gown
- Your own medication in its original packaging for the length of your stay
- Toiletries
- Crutches
- (Support) stockings
- Tight pants
- Warm socks
- Eye drops
- Nose cleaner
- Dietary guidelines
- Glasses, contact lenses, hearing aid
- Headphones for the television
- Something to read for relaxation
- A one- and two-euro coin for the locker in the room

If you have any questions about this information, you can contact the Anaesthesia Outpatient Clinic at +31 20 755 7091.