

## General information surgical day care

You are due to go to Amstelland Hospital for an operation or treatment. It was decided that you should be admitted in consultation with your attending specialist. You are likely to remain in hospital part of the day.

### Preparation

#### Medication

When you are admitted please bring your own medication and medication list with you. You can request the list at your own pharmacy. Please ensure that you stock up on paracetamol 500 mg at home before your admission, for any afterpain you may experience when you are back at home.

#### Instructions for your admission

During the intake interview at the anaesthetics outpatient clinic you received written instructions for your admission:

- What to bring and what to leave at home.
- Food and drink before the operation.
- The use of smoking materials, alcohol and drugs before the operation.
- What hygiene rules you have to observe.

Follow these instructions as closely as possible.

#### Transport and assistance at home

It is important that you make appropriate arrangements prior to admission regarding transportation and assistance at home:

- Transportation after you have been admitted: Make arrangements that someone will pick you up by car or accompany you home in a taxi. After you have been admitted, you cannot drive a car or use public transport as you will not be sufficiently recovered and the anaesthetics will affect your ability to drive.
- Assistance during the first 24 hours: Ensure that an adult will be present to receive you and assist you, at least for the first evening and night after you arrive home.

#### Valuable belongings

Leave valuable belongings such as jewellery and large sums of money at home. The hospital cannot be held liable for missing, lost or damaged goods. There is wardrobe space available in your room that can be secured with a 2 Euro coin.

#### Unable to attend or ill?

Please phone us as soon as possible if you should unexpectedly be unable to attend. You are requested to phone the ward if you feel ill or have a temperature over 38.5°C shortly before admission.

#### Your stay

##### Report at reception

Report at the agreed time at the reception desk of the ward.

##### Rooms

There are no separate rooms for women and men.

You may use your mobile telephone. To

make sure that other patients are not disturbed, we request you to consider your fellow patients when you make a telephone call.

### **Identification**

During your hospital stay, you will wear a wrist band with your name and date of birth. In order to confirm your personal details, various hospital staff members will ask your name and date of birth. This check is in the interest of your safety and the quality standards we have to meet as a hospital.

### **Operation and treatment**

#### **Prior to the operation**

Immediately before the operation, you will put on a special operation gown. It is not possible to give you the exact time when the operation will take place. There may be unexpected situations, causing your operation to be performed earlier or later than planned.

#### **The operation**

At the holding area, preparations are made for the operation and anaesthetics. The general preparations consist of taking your blood pressure, inserting a needle connected to a drip and applying heart monitoring stickers.

A final check will be carried out before you are given the anaesthetic. This check is to ensure that you are the correct patient, and that the correct procedure will be carried out on the correct side of your body.

#### **After the operation**

Immediately after the operation, you will be woken up and brought to the recovery room. When you are awake and the pain is under control, the nurses will collect you.

On return to the ward, the nurse will inform your contact person by telephone and agree a time when you may be

collected. No medical information will be provided at this stage.

In some cases, the specialist may consider it inadvisable for a patient to go home. If so, you will be admitted for a few hours or for one night to another ward until you have fully recovered. Once you have passed water and the pain is under control, you can be discharged.

### **Returning home**

#### **Outpatient clinic check-up**

Before going home, the secretary will make an appointment for a check-up at the outpatient clinic.

#### **Birth control**

If you use a contraceptive pill, you need to take into account that protection against pregnancy during the rest of the cycle is not guaranteed.

#### **Use of your data**

Amstelland hospital collects various data for quality control, for example about hospital infections. If you do not want this to happen, please inform the practitioner. If you do not inform us, the hospital will assume that you have no objections that your data are used anonymously for the purpose of quality control.

#### **Questions and unexpected symptoms**

If you have any questions or unexpected symptoms after you have arrived home, please telephone your attending specialist via the hospital. If he or she is not available, you will be connected with the outpatient clinic (during its opening hours) or the evening or night duty team leader. The telephone number of the hospital is +31 (0) 20 755 7000. In case of physical symptoms that occur more than 24 hours after your discharge, please contact your GP.