

Instructions for admission daycare

You will receive a call of the admission department in which they will inform you when your surgery will be planned. You will receive a call one working day before the surgery between 2.00 pm and 3.00 pm of the admission department in order to hear what time you are expected to be at the hospital. If you undergo surgery on Monday, they will call on Friday before. Make sure that the hospital has the phone number and email address where you can be reached that day.

Urgent surgeries in the hospital always prevail. It is possible that your surgery will be later, than planned. In rare cases, surgery may even be decided to postpone to another day.

Day of admission

On the day of admission you are expected to appear at the ward. Your contact person will be called by the nurse, to tell what time you can be picked up.

Preparation for surgery

Eating and drinking prior to surgery

The day before surgery:

- You may eat and drink as usual before surgery, unless something else is agreed with the specialist. Since **24 hours (midnight)** do not smoke, drink alcohol and/or use drugs.

Day of surgery:

- If you will be operated before 2.00 o'clock pm you are **not** allowed to eat, not even chewinggum or a candy!
- If you will be operated later than 2.00 o'clock pm you may have a light breakfast untill 8 o'clock am (a light breakfast means: light digestable bread without butter with a sweet spread, no dairy products, no fruit, no meat).
- Untill 2 hours before the operation you are **exclusively** allowed to drink a glass of water, clear apple juice or tea without milk (with sugar if you like).
- Medication (pills, tablets) may be taken at home in with a sip of water. The anaesthesiologist will advise which medication you need to take on the day of surgery.

These are:

Other

- Take a shower or bath at home on the day of surgery
 - Use your eye drops according to schedule
 - No facial cream / make-up / body lotion / nail polish / jewellery are allowed
 - Use a microlax or give yourself a rectal enema
 - Other preparations:
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What do you bring to the hospital?

It is recommended to take no valuable items such as jewellery or large amounts of money to the hospital. This may be lost and the hospital cannot be held responsible.

- Dressing gown, pyjamas and slippers
- Your own medication in the original packing to take during your stay in hospital
- Toiletries
- Crutches
- Surgical stockings
- Tight-fitting underpants
- Warm socks (after surgery)
- Eye drops
- Nose spray
- Guidelines for your diet
- Glasses, contact lenses, hearing
- Earphones to watch TV
- Something to read for relaxation
- €2,- for a locker in your room

If you have any questions about these instructions, please call Anaesthesiology outpatient clinic: 020 - 755 7091.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.