Information about your hospitalization

The anaesthetics department

azdelta

Uw ziekenhuis.

Dear patient,

In the near future you will be admitted to AZ Delta to undergo an operation or exam under anaesthetic. To make sure that everything goes smoothly, it is important that you read this leaflet carefully.

Your operation or exam under anaesthetic will be carried out at the following campus:

☐ Campus Wilgenstraat
Wilgenstraat 2
8800 Roeselare
051 23 71 11

☐ Campus Brugsesteenweg
Brugsesteenweg 90
8800 Roeselare
051 23 61 11

☐ Campus Menen
Oude Leielaan 6
8930 Menen
056 52 21 11

☐ Campus Torhout
Sint-Rembertlaan 21
8820 Torhout
050 23 21 11

Date of admission	Hour

If you do not know your admission time, please contact your doctor's secretariat the day before your operation.

Medical discipline: .....
Telephone number: .....

NOTE: Diabetes patients following insulin therapy, we recommend that you'll be admitted in the morning. Please discuss this with your doctor or the admissions department nurse and contact your diabetes nurse.

Information about preparation for your admission

Contact the admissions department
(9h -17h)

If you wish to **consult** with **an anaesthetist** before your operation, please contact the admissions department.

Preparation of your admission:

Please read all the leaflets that your doctor or nurse gives you carefully. (Anaesthetics information leaflet)

Complete the **patient leaflet**, in particular:
- the informed consent for surgery and anaesthesia
- the questionnaire for the operation (if necessary, you can complete it together with your GP or the admissions department nurse)

Please contact your **GP** as soon as possible to have your patient leaflet completed. A number of exams might have to be carried out (e.g. blood sample or electrocardiogram) before the operation or even an exam by another specialist (e.g. heart specialist, lung specialist, anaesthetist, etc.).

Please ask your GP and/or specialist to adapt your medication before the operation if necessary, e.g. you must stop taking some **blood thinners** a few days in advance. Please take your morning medication with half a glass of water, after consulting your GP or specialist. Do not forget to inform us of any allergies.

Important

Please hand in your patient booklet to the admissions department at least 1 week before your admission or to the reception desk of the campus where you will be operated.

Smoking:
If you smoke, you may certainly not smoke on the day of the operation! Being admitted to the hospital is an ideal opportunity to stop smoking. Discuss it with your GP and feel free to accept the AZ Delta's stop smoking programme.

Admission day:

What should I bring?

- ID card and hospitalisation insurance information
- Allergy card
- Medicine bag with medication from home in the original packaging

Certificates:

If you need a note with regard to your inability to work and/or a 'confidential' document from the hospital (these must be completed by the attending physician), please give the nurse these forms during your admission interview.

Personal things:

- Underwear, dressing gown, day clothes and night clothes
- Closed, flat shoes or slippers
- Toiletries: washcloths, towels, soap, shampoo and shower gel, hairbrush, toothbrush, toothpaste and shaving kit
- If you have them, bring your compression stockings / support stockings with you
- Aids that you use at home: glasses (no lenses), hearing aid, crutches, walking stick, walker, sling, control device for a neurostimulator, nocturnal oxygen unit (n-CPAP), for diabetes patients, insulin pens and meter...
- Aids that you will have to use after the operation, e.g. after orthopaedic surgery: crutches.
- Do not bring any valuables with you! Leave jewellery at home.

Hygienic guidelines:

- Be sure to take a shower the evening before or the morning of admission day.
- Cut your nails short and remove any dirt.
- Do not apply any make-up or nail varnish and remove at

least 1 gel nail.
- Remove all jewellery as well as any festival bracelets and piercings.

What can I take, drink or eat on the day of the operation?

General rule:

Drinks	Food
Clear fluid maximum 1 glass up to 2 hours before the operation Still water, clear apple juice, coffee or tea with sugar but no milk So NO orange juice or sparkling drinks	**A light meal up to 6 hours before the operation** A light meal is 1 slice of white bread with jam

Remarks:
- Taking a limited amount of drinks containing sugar is recommended up to 2 hours before the operation except for diabetes patients.
- For certain operations or exams, other guidelines apply, e.g. colonoscopy: see separate information leaflet.

Preparation of your discharge from hospital:

Please contact the admissions department if you need additional home help or revalidation after your discharge from the hospital. Your GP and health insurance fund can also help you with this.

Your doctor and nurse will inform you in sufficient time of when you may leave the hospital. Please bear in mind that this will be in the morning. If a relative or caregiver has to take you home, it is best to arrange this beforehand.

To properly prepare for and organise your discharge from hospital, we will provide **a nursing discharge letter**.

You will also receive **a medical discharge letter** to take with you for your GP.

The hospital will provide all the medication you need until the end of the day after your discharge.

Contact

ADMISSIONS DEPARTMENT

Campus Brugsesteenweg
t 051 23 64 64
Campus Wilgenstraat
t 051 23 72 55
Campus Menen
t 056 52 20 32
Campus Torhout
t 050 23 27 46

e preopbeleid@azdelta.be

www.azdelta.be

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