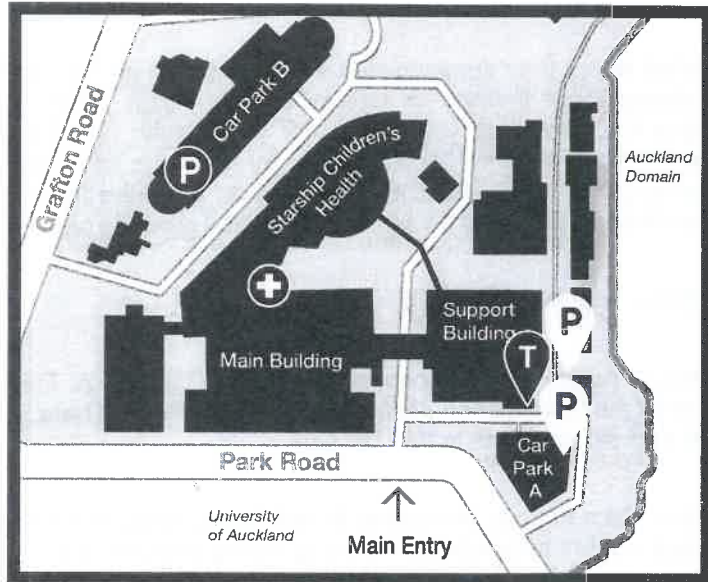


Please follow the Nil by Mouth Instructions below to ensure your surgery is not cancelled.

ARRIVING & DEPARTING AUCKLAND CITY HOSPITAL



P Drop off & Pick up zones
15 minute pick up & drop off zones are located in Car Park A and adjacent to the Transition Lounge. Enter from Park Road, then turn up the ramp onto the left hand lane towards the Support building.

T Transition Lounge
This is on level 5 in the Support Building, near the entranceway.

Ordering a taxi
The transition lounge nurses can arrange for your choice of taxi to collect you from the lounge.

Shuttle Buses
Shuttle buses stop at the lounge to collect booked passengers.

INSTRUCTIONS TO TAKE HOME FOR THE DAY OF YOUR OPERATION

Date of your Surgery:	
Phone on:	
Nil by Mouth - food	
Nil by Mouth – water	
Arrival Time:	

NO CHEWING GUM, MINTS OR MILK

To find out your ADMISSION TIME

Please phone 09 3074949 ext 24141 between 2.30pm and 3.15pm the **WORKING DAY BEFORE YOUR OPERATION**. You will be advised of the time you need to be at the hospital. If your surgery day is on a Monday please phone the Friday before.

ON THE DAY OF SURGERY please present to: (see map on the back)

Transition Lounge
Level 5, Support Building
Auckland City Hospital

From here you will be taken to **ORDA** (Operating Room Direct Admission), where you will be prepared for your operation. You may be seen by your Surgeon and Anaesthetist, and you will be given the opportunity to ask questions. **You can have one person stay with you while you wait for your operation/procedure.**

If you have any questions or cannot attend your scheduled surgery please contact your surgical booker:

Urology Booker – 3074949 ext 25517
General Surgery Booker – 3074949 ext 25518

EATING AND DRINKING

When you ring for your arrival time you will be told when to stop eating and drinking.

MEDICINE/TABLETS

Please take all your prescribed medications on the day of your surgery with a sip of water unless otherwise advised by your doctor, nurse or pharmacist as below.

Do **NOT** take the following medicines on the morning of your surgery:

If you are on the following blood thinning medicine _____
please take the last dose on:

Please use your enema (if prescribed) on the day of your operation 1-2 hours before coming into hospital

INSTRUCTIONS FOR YOUR DAY OF SURGERY

In order to prevent infection, please have a bath or shower and wash your hair either the night before or the morning of your surgery.

Please remove any make up, nail polish and jewellery before coming to hospital.

Please leave all valuables at home.

GENERAL HOSPITAL INFORMATION

What to Bring

Please pack your clothing and toiletries needed for your hospital stay into one small overnight bag. Remember to bring all your medications, Insulin, inhalers, creams, CPAP machine etc and mobility aids such as walking frame and/or walking stick and your cell phone charger.

You may wish to bring a book, tablet or iPad with you to occupy yourself while you are in ORDA.

Smoking

All patients are asked about their smoking status on admission and smokers will be offered nicotine replacement therapy to reduce their cravings while in hospital. Stopping smoking is the best thing you can do for your health and will help your healing and recovery. It is recommended that you try and stop smoking in the 24 hours before your surgery. Auckland City Hospital has a smoke free policy; this requires anyone wishing to smoke to do so off the hospital grounds site.

Cell Phone

Ensure your cellphone is silenced at night

Parking

Visitors and patients to Auckland City Hospital should use Car park A. This is situated at the front of the hospital and accessed from Park Road. There is a free 15 minute drop off and pick-up zone in this car park.

Visiting Hours

Ward visiting is from 11am to 8pm, with patients' rest hours between 1pm to 3pm. We encourage visitors to refrain from visiting during patients' rest hours. Family members are not allowed to stay overnight unless they have special permission from the charge nurse.

Going Home - Day of Discharge

Discharge time is approximately 11am

When you have been assessed as ready to go home by the Surgical Team, you will be given a discharge summary, prescription for any medications you may require and a medical certificate if required.

Transition Lounge

You will be checked in at the Transition Lounge, prior to being taken to ORDA to continue preparation for your surgery. After surgery, you can be transferred from the ward to the Transition Lounge to be collected by family or friends. The Transition Lounge provides experienced nurses to supervise your care until you are ready to be collected. See the map on the back page for information on how to access the Transition Lounge. It is open from 7am until 7pm Monday to Friday.

Talk to Jay ✓ 20/1/17.

YOUR ANAESTHETIC

Information for patients

Last updated July 2009



This information is to tell you about the Anaesthetic and the Anaesthetist. If there is anything you don't understand please ask when you come to the hospital.

Types of Anaesthetic

The type of Anaesthetic you receive will depend on the nature, site and duration of the surgery. Sometimes a combination of these types of anaesthetics are used to produce the best result for you.

1. **General Anaesthesia** – you are put into a state of unconsciousness for the whole operation. This involves either giving an injection of an anaesthetic drug or breathing an anaesthetic gas, to make you sleep. While you remain unaware of what is happening around you, the Anaesthetist monitors your condition closely and constantly adjusts the level of anaesthetic.
2. **Regional Anaesthesia** – A nerve block numbs the part of the body where the surgeon operates. This is often used for surgery on the hand, arm, hip or knee and for Caesarian Sections. Examples include spinal and epidural anaesthesia, arm blocks and eye blocks. Local anaesthetic is injected near the major nerve pathways to the part of the body where the operation is. You can be wide awake or if you prefer the anaesthetist can give you other drugs to make you relaxed and drowsy.
3. **Local Anaesthesia** – A local anaesthetic is injected at the site of the surgery to cause numbness. You will be awake. A local anaesthetic is often used for small skin lesions.
4. **Monitored Sedation** – Your Anaesthetist uses a special range of drugs to keep you comfortable and sleepy, but able to respond to questions if needed.

Your Anaesthetist

A Specialist Anaesthetist is one of the most highly trained Doctors in your hospital. They study for 6 years to obtain their medical degree and then spend a further 7 years with examinations and practical experience before qualifying as a Specialist Anaesthetist. This experience includes all types of anaesthetic, intensive care, resuscitation and the treatment of pain. In most teaching hospitals you may be looked after by a Registrar or Trainee Specialist Anaesthetist. Whilst these Doctors are training they are always under the supervision of a fully trained Specialist Anaesthetist.

Before your Operation

Your Anaesthetist requires information from you to plan the best anaesthetic for you. This may require you to either attend a pre-admission clinic; complete a questionnaire; telephone interview, or a combination of these. The Anaesthetist will want to know;

- How healthy you are, recent illness and previous operations.
- Abnormal reactions to drugs and any allergies.
- If you have asthma, diabetes, heart disease or other medical conditions.
- What drugs you are taking, including smoking and alcohol.
- If you have any loose teeth, caps or dentures.
- If you have any questions or preferences for your anaesthetic.

The Anaesthetist will then arrange any tests or treatments you may need before an operation. We want you in the best health possible for your operation. If you smoke please try to reduce or stop prior to an anaesthetic.

Medications

Please bring all your medications with you on the day of your operation. If you are taking diabetic medications (including insulin) or drugs that thin your blood (including warfarin) you will need special instructions, otherwise take your tablets as usual on the day of surgery. If you are unsure as to what to do ask your Anaesthetist to write the instructions down for you.

On the Day of Surgery

Please follow instructions for the day of operation carefully, including when to stop eating and drinking before the operation. An empty stomach makes it less likely that any vomit could get into your lungs while you are under an anaesthetic. You will be asked to change into theatre clothes and may be given a "premed" before coming to the operating theatre. A "premed" is a tablet or tablets to relax you if you are nervous, or to help with your pain relief after the operation. On arrival in the operating theatre you will be met by your Anaesthetist and the theatre team, this includes an Anaesthetic Technician (to help the Anaesthetist), the Nursing staff and the Surgeon. You will be attached to a specialised machine that monitors you continually throughout the operation and an intravenous infusion is placed in your arm. The monitors help the Anaesthetists watch your heart, blood pressure, oxygen level and breathing during the operation making sure that you are as comfortable as possible. For some major operations you may need more invasive monitoring, this can include a special needle in an artery to watch your blood pressure beat-by-beat and a special intravenous line into one of the major veins in your neck. You may be asked to breathe on oxygen under a regional anaesthetic. Your Anaesthetist stays with you for the whole operation checking you are comfortable and coping with the procedure. Their sole role is to look after you.

After your operation; you will wake up in the recovery room with an oxygen mask and some monitoring still connected to you to assist with

your waking. A specially trained nurse will take care of you as you recover from your anaesthetic.

Going to the ward – Pain relief and fluids will have been charted by your Anaesthetist and the nurses will follow these instructions to keep you comfortable.

After your operation

Pain Relief – Anaesthetists are trained in a range of methods to treat pain from simple physical methods to increase comfort, through tablets to advanced technical procedures, including pain pumps and epidurals. Your Anaesthetist will decide with you what is most suitable for you and the type of surgery you have had.

Day Surgery – if you are going home on the day of your operation it is essential to have someone with you as the full effects of an Anaesthetic may not wear off for 24 hours. For this reason you should not drive a car, drink alcohol, use dangerous equipment or sign any important documents for 24 hours after an anaesthetic.

If you have an increase in pain or you are feeling sick when you get home, please contact the hospital for advice.

Side Effects

One of the aims of a modern anaesthetic is a pleasant, pain-free awakening. However, some of the side effects are unpleasant;

- Nausea and vomiting occur in a third of patients.
- A sore throat is common.
- A headache may occur.

Some patients may get muscle aches.

Most side effects can be easily treated with medication.

Major Complications

Your Anaesthetist will plan the safest anaesthetic for you and is specially trained to deal with any problems that arise, however always remember an anaesthetic is a major medical procedure. Like any other medical procedure there may be major complications, including the risk of dying. Risks are greater in the elderly and very young, but nobody is immune. The chance of dying unexpectedly during anaesthesia if your age is less than 60 years, and you are fit and well is about 1:200,000. If you are over 60 years the risk is higher, approximately 1:60,000, this may be higher if you have serious heart or lung conditions. Apart from causing death there is the possibility of a heart attack, stroke, major nerve or brain damage, organ failure or allergy, or awareness during a procedure. These are very rare complications. Each type of anaesthesia has different risks and benefits and every patient reacts to, and tolerates anaesthesia differently. The risk you face will depend on your health and the operation you are having.

If you have any questions about your anaesthetic or risk please don't hesitate to ask.

The purpose of your Anaesthetist is to ensure as safe and pleasant experience for you as possible.

You will find more information about anaesthesia on the following websites:

www.youranaesthetic.info/

www.anaesthesia.org.nz

www.asahq.org/patienteducation

www.healthpoint.co.nz

Compiled from the patient information leaflet prepared by the New Zealand Society of Anaesthetists (Incorporated) 2004.