

Preparation for Your Anesthesia



Dear patient,

Please take note of the following information to ensure that you are well-prepared for the upcoming anesthesia:

- Please read the enclosed informations on anesthesia, fill out the enclosed **anesthesia questionnaire**, **sign both forms and** return them via email or mail to us. The questionnaire provides important information about your medical history and current health status. Details regarding any allergies or medications you are taking are particularly crucial for us. Based on this information, we can determine if further assessments by your primary care physician or a specialist are necessary.
- Before your procedure, an **informational meeting** (consultation) will take place with one of our specialist doctors. You will either be contacted by phone in advance or visited immediately preoperatively in the clinic by your anesthetist.

If you wish to have an early appointment in our on-site anesthesia consultation, please contact us at alphacare@hin.ch or 043 268 74 70.

During this consultation, you will be informed about the possible anesthesia procedures, their risks, and possible alternatives. In the case of a telephone consultation, we ask you to have the enclosed anesthesia information ready. Any questions you have will be answered during this conversation. You will also be informed again about the **fasting times** to be observed, as well as the intake of your **personal medications** before the procedure.

- Depending on the type and timing of your procedure, you will be summoned for admission to the clinic on the day of the surgery or the day before.

Here is some additional information:

- Please strictly adhere to the **fasting times**: you may eat up to 6 hours before admission to the clinic, and clear liquids (tea, water) are allowed up to 2 hours before surgery.
 - If available, bring your **blood type card**.
 - Visual and auditory aids: **remove contact lenses** before the procedure. You can wear glasses until the induction of anesthesia if needed. If significantly impaired, you can bring **hearing aids** into the operating room; please also bring the appropriate storage container.
 - Leave any jewelry and watches, dental appliances, artificial hairpieces like wigs, and prosthetics on the ward.
- Before you are taken from the ward to the anesthesia preparation room, the anesthesia specialist assigned to you will visit you to address any remaining questions.

We wish you all the best!