

ANGEREDS NÄRSJUKHUS
Halmtorget 1
424 65 Angered

MAIN TELEPHONE NUMBER:
031 - 332 67 00

HOURS:
weekdays
07 - 17

SURGERY COORDINATOR

Contact the Surgery Coordinator if you have any questions about the surgery or preparations, if you need to reschedule, or if you are sick.

Telephone hours:

Monday–Wednesday, Friday: 7:30–9:30 and 13:30–14:30
Thursday: 8:30–10:30 and 13:30–14:30

*For patients
referred from Angered Hospital:*

Telephone no.: 031 - 748 90 16

*For external patients referred from
other hospital/health care provider:*

Telephone no.: 031 - 748 90 15

GYNAECOLOGY UNIT

Telephone no.: 031 - 332 69 02
Monday–Friday: kl. 08–16

ORTHOPAEDIC UNIT

Telephone no.: 031 - 332 69 50
Monday–Friday: kl. 08–15:30

SURGERY UNIT

Telephone no.: 031 - 332 69 20
Monday–Friday: kl. 08–15:30

EAR, NOSE AND THROAT UNIT

Telephone no.: 031 - 332 69 11
Monday–Friday: kl. 08–16



Angered's Närsjukhus, Halmtorget 1, 424 65 Angered



A warm welcome to THE DAY SURGERY UNIT at Angered Hospital

Day surgery means that you are admitted for surgery or treatment and can return home on the same day.

This brochure contains important information about how to prepare for your surgery. You must do exactly as each item tells you to, **otherwise your surgery may be cancelled.**

Below is a checklist for you to follow and fill in at home on the day of your surgery, so that you can make sure you remember to prepare yourself correctly and bring the right things with you to the hospital.

CHECK LIST (TO BE FILLED IN AT HOME ON THE DAY OF YOUR SURGERY)

PREPARATIONS:

- Have had double showers (see 2.).....
- Am fasting (see 3.).....
- Not wearing: makeup, nail varnish, jewellery, piercing studs or rings, contact lenses, or strong scents (see 2.).....
- Bought Panodil/Alvedon (see 10.).....
- Someone staying with me tonight (see 10.).....

BRING TO THE HOSPITAL:

- Identification (see 8.).....
- Medication (see 5.–7.).....
- List of medication (see 5.).....
- Comfortable, loose-fitting clothes.....
- A bag/rucksack, if needed, that I can carry even if I get crutches.....
- Something to read/similar.....

ALL INSTRUCTIONS ON THIS LIST (1-10) MUST BE FOLLOWED!

IMPORTANT!

Smokers are more likely to suffer complications in connection with surgery, such as delayed healing of wounds, infections, thrombosis as well as heart and respiratory conditions. Research shows that stopping smoking reduces the risk of complications by 50 per cent. All patients who are smokers will therefore be invited to participate in a smoking cessation program. At least one visit is a requirement for carrying out the surgery.

2. YOU MUST TAKE DOUBLE SHOWERS BEFORE SURGERY

It is **very important** that you shower using an antibacterial soap before surgery, to reduce the risk of wound infection. Antibacterial soaps such as Descutan or Hibiscrub can be bought in pharmacies; they come with instructions that **you must follow closely**.

On the day before your surgery, take a double shower in the morning and another one at night. Follow the instructions on the soap packaging. A double shower means washing your entire body and your hair with the soap, and then rinsing it off, two times in a row. Dry yourself with a clean towel. Put on clean clothes. Make your bed with clean bedclothes before going to bed.

On the morning of your surgery, take another double shower. Do not use: ordinary soap, shampoo, hair conditioner or body lotion, as these products may counteract the antibacterial effect of Descutan or Hibiscrub. Do not put on makeup, nail varnish, jewellery, contact lenses or strong scents.

3. FASTING

Eating: On the day before the surgery, do not eat anything after midnight. *Drinking:* Up to two hours before you arrive at the hospital, you may drink a maximum of 3 dl of **CLEAR** drinks, i.e. water, clear drinks, tea or coffee (without milk or cream). After that point you must not drink anything.

4. CHECK THE AREA OF THE SURGICAL INCISION

Your surgery may be cancelled if you have cuts or wounds on your body, or an ongoing infection. Do not shave the area of the surgical incision. If you have any questions, contact the surgery coordinator.

5. ARE YOU TAKING ANY MEDICATION?

On the morning of your surgery, do not take any medication. Bring all your medication with you to the hospital, including inhalers and a medication list. The anaesthetist in charge will determine what medication you should take on the day of your surgery.

6. DU YOU HAVE DIABETES?

On the morning of your surgery, do not take any diabetes medication, and no rapid acting insulin or mixed dose insulin. Do take your ordinary dose of long acting insulin.

7. ARE YOU TAKING ANTICOAGULANT DRUGS?

Refer to the table below for instructions on how to manage your dosage before your surgery.

MEDICATION TABLE

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| If you are taking Waran or any other anticoagulant drugs , e.g. Plavix, Xarelto or Eliquis, contact the surgery coordinator as soon as possible. |
| If you are taking a daily dose of 75-160 mg Tromblyl , you can continue taking it, but not on the morning of the surgery . |
| Anti-inflammatory drugs such as Ipren, Ibuprofen, Diclofenac, Voltaren, Naproxen and similar increase the risk of bleeding. Stop taking such drugs 2 days before your surgery. |
| Painkillers containing acetylsalicylic acid, such as Bamyli, Magnecyl or Treo greatly increase the risk of bleeding. Stop taking such drugs 1 week before your surgery. |
| Herbal medicinal products may increase the risk of bleeding. Stop taking such products 1 week before your surgery. |
| If you are in pain before your surgery, take Alvedon or Panodil which are available in pharmacies without a prescription. Follow the dosage directions on the package. |

If you are unsure about any medication you are taking, contact the surgery coordinator!

8. ANNOUNCE YOUR ARRIVAL AT THE RECEPTION

When you arrive at the hospital, announce yourself at the reception. Show your ID. You will be charged a fee of SEK 200-300. Then go to the second floor and sit down to wait in waiting room 5, where staff will come to get you when it is your turn. Family members may not accompany you into the surgery unit.

9. DRIVING

You may not drive during the 24 hours following your surgery, due to the effects of medication. We can give you a special travel certificate if you need one. Special travel costs SEK 150.

10. MAKE PREPARATIONS AT HOME

Buy Panodil or Alvedon for any pain you might have after your surgery. You should have an adult person to keep you company during your first night after surgery, in case of any pain, bleeding or discomfort.

OTHER INFORMATION

- Waiting times can sometimes be long. It is a good idea to bring something to read or something else to keep you occupied.
- Please observe the rule that mobile phones must be kept in silent mode or be switched off during surgery and recovery. Mobile phones may be used following consultation with staff. Photography is not allowed anywhere in the hospital.
- You will be given a general or local anaesthesia for your surgery, and this may be supplemented with tranquilisers.
- Leave jewellery and valuable items at home. The hospital will not be liable for lost or stolen property.