

**You will soon be admitted to our hospital for a procedure.
To help ensure that your admission goes smoothly,
please read the following information carefully.**



- Read the brochure **Anaesthesia and Preparing for Your Surgery (00360-EN)**. It explains the different types of anaesthesia and what to expect in the operating theatre. Please complete and sign the consent form on the back of the brochure and bring it with you on the day of your procedure. By signing this form, you give the anaesthetist permission to administer anaesthesia.
- **Have you received a form for your GP?** If so, please make an appointment with your GP as soon as possible for a **blood test and/or an electrocardiogram (ECG)**. Your GP will send the results directly to us. In some cases, you may receive the ECG yourself. If this happens, please email it to preop@yperman.net, stating your name and date of birth. If you have any questions, please call us on +32 57 35 61 23.
- **Some procedures require you to complete a questionnaire during the preoperative consultation.** You will also receive this questionnaire in your mailbox via mynexuzhealth. If you have already completed it, you do not need to complete it again.

A few practical arrangements:

- On the business day before your procedure, no later than 5.00 p.m., you will receive a phone call from the department. They will tell you your **admission time**, unless it was already listed on the yellow form. During this call, you will also be told which **medication** you should take before your procedure.
- **If you are staying overnight**, please bring all your medication in its original packaging. **If you do not receive a call**, because your admission time was already provided on the yellow form, for example, **do not take any medication**. If there have been any changes to your medication since your preoperative assessment, please call +32 57 35 61 24.
- When you **arrive at the hospital**, insert your identity card into the self-service kiosk. The admissions office will check your hospitalisation insurance and tell you where to go next.
- **You must fast before your procedure.** Do not eat anything during the 6 hours before your admission time. If you have been told that you may have a light breakfast, you can eat no more than two slices of bread with jam or cheese spread.
- You may drink **clear, non-alcoholic fluids** up until your arrival at the hospital. For example: water, clear apple juice, tea or coffee without milk (sugar is allowed), sports drinks and soft drinks.
- **Smoking** is strongly discouraged from 24 hours before the procedure.
- Remove all **jewellery** before the procedure.
- Are you being admitted through the day hospital? If so, you can not drive after your procedure. Please **arrange for someone to take you home**.
- If you have **anti-embolism stockings and/or non-slip socks**, please bring them with you.

We wish you a speedy recovery!

Preoperative consultation team - +32 57 35 61 21

