

**Dear patient**

Your surgery/procedure will be carried out under anaesthesia. The anaesthesiologist attending you in the operating room will choose the most appropriate and safe method for you (general/local anaesthesia).

Please read carefully and follow the instructions below to ensure the safety of anaesthesia.

**Before the surgery:**

- stop smoking as soon as possible (advisably eight weeks) before the surgery to prevent complications after the procedure. Counselling for quitting smoking is available at the Pulmonology Clinic (Mon.–Fri. 8 a.m. to 4 p.m.; registration 617 2060);
  - avoid consuming alcohol at least 48 hours before the surgery;
  - in the evening before the day of the surgery, eat food which is easy to digest and drink plenty of fluids;
  - stop taking anticoagulants or replace them according to the instructions of the physician.
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**On the day of the surgery:**

- **it is not permitted to eat or drink dairy products or juices with pulp for six hours before the surgery.** For up to two hours before the surgery, you may drink black coffee, tea, clear juice without pulp, and water;
  - **no beverages are allowed for two hours before the surgery.** If you have eaten or drunk before the surgery, the contents of your stomach may move into your respiratory tract while you are under anaesthesia and cause life-threatening complications. Therefore, the surgery must be postponed or cancelled in the interests of your health in this case;
  - take a shower and wash your teeth in the morning;
  - do not put on any make-up, remove all jewellery, do not use perfumes;
  - it is not permitted to smoke (including e-cigarettes or chewing tobacco) or consume alcohol;
  - bring any medicinal products which you administer on a daily basis to the hospital with you;
  - bring your hearing aid(s), lung inhaler(s), or CPAP machine to the operating room if you use them;
  - remove removable dentures immediately before coming to the operating room;
  - **only administer the medicinal product(s) prescribed by the anaesthesiologist and/or attending physician in the morning**
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**After the surgery:**

- due to impaired responses, **you may not drive a car or operate machinery for 24 hours after anaesthesia (including brief anaesthesia).** In order to get home safely, please invite someone to accompany you on your way and organise transport if possible. It is not permitted to use public transport alone after undergoing general anaesthesia; in exceptional cases, you may take a taxi to go home.

For information about post-operative pain management, read here:

