

**INFORMATION LEAFLET ON THE INSERTION/REMOVAL OF A PORTACATH OR GROSHONG CATHETER  
AT THE DAY-PATIENT SURGERY DEPARTMENT**

The need to insert or remove a portacath / Groshong-type catheter will be determined by your physician. They will refer you to a nurse-counsellor who will schedule the procedure and provide pre-procedure counselling. The nurse-counsellor will prepare you for the procedure: order the necessary tests, refer you for blood group testing, thoroughly explain the procedure and the use and care of the catheter.

- **Do not use blood-thinning medications for 2 days prior to the procedure. Consult the prescribing physician about possible medication substitutions if necessary. Only use medications which have been previously agreed upon with the treating physician.**
- The procedure is normally carried out under local anaesthesia – only the operable area will be numbed. Under special circumstances, the procedure will be carried out under general anaesthesia (at the discretion of the anaesthesiologist assigned to the procedure).
- On the evening before the procedure, have a lighter meal and drink plenty of fluids. Do not consume alcohol!
- Leave all jewellery and valuables at home.
- Take a shower on the morning of the procedure.
- Do not eat or drink before the procedure. Take your daily heart and/or blood pressure medications, as agreed upon previously with your treating physician, with a small amount of water.
- Bring your personal hearing aid, insulin syringes, or asthma inhaler(s) with you to the hospital.

**Ensure that you bring the following with you to the hospital:**

- personal identification (ID-card, passport or driving licence);
- a letter of referral for the procedure;
- a change of shoes;
- any daily medications you take for chronic conditions.

**On the day of the procedure**, come to the **day-patient surgery department** which is located at the Mustamäe medical campus of the North Estonia Medical Centre, Sütiste tee 19.

**NB! There is a fee for parking on hospital territory.**

Come to the hospital at the time specified by your nurse-counsellor or physician. Enter through the main entrance and follow **the signs to the day-patient surgery department** – head to the atrium and turn right to the polyclinic before the cafe counter, as you pass reception 11, you will get to **elevator C5, which will take you to the 2nd floor**, to the day-patient surgery department reception.

**NB! Please bring your overcoat to the department with you!**

- Prior to the procedure, sign the consent form for carrying out the procedure.
- Prior to going to the procedure, change into the surgical gown provided by the hospital.
- Remove your glasses or contact lenses and removable dentures and hand them to the nurse on the ward.
- Use the restroom prior to going to the procedure.
- Please have patience! Surgeries/procedures are carried out on many patients each day, based on a schedule, but waiting times may be prolonged for various reasons
- The department charges a co-payment fee. You can pay on site in cash or by debit/credit card, or we can issue an invoice if necessary. Patients under the age of 18 will not incur a co-payment fee.
- To arrive home safely, arrange for somebody to meet you and organise transport if possible.
- Buy over the counter pain medications available at the pharmacy, such as paracetamol or ibuprofen.

Your **procedure** is scheduled for: .....

Your **sample collection** date is: .....

If you experience any problems after the procedure, call .....

or consult .....