

Please read the following **three papers** and support Your and our profound preparation for a planned ambulant anaesthesia

- 1. Our **Information** about **Ambulant Anaesthesia**  
 2. Questionnaire for Adults / Children  
 3. Declaration of Informed Consent

## Information about ambulant **General Anaesthesia**

Please read with care . You may keep this sheet .

For You [Your child] there is an ambulant operation planned, including the administration of a General Anaesthesia. This information sheet gives You the opportunity prior to a personal talk with Your Anaesthetist to get familiar with our work. In order to choose and prepare the most suitable anaesthetic procedure for You [Your child] we ask You to read and fill in the **handed out questionnaire**. If You are [Your child is] suffering from any preoperative illness or disease, it may be suitable to undergo a **preoperative assessment** at Your General Practitioner. You are welcome to sort out such details via a phone call (see directives on back page).

A General Anaesthesia is the state of unconsciousness and unawareness of pain. The beginning [Induction] of anaesthesia requires an **intravenous injection** of anaesthetic drugs. During the length of an operation this injection is repeated and/or we administer **anaesthetic gases** to the ventilated air. Under a General Anaesthesia the patient's own breathing ability is suppressed by the administered anaesthetic agents and an artificial ventilation for the patient is required. For Airway Maintenance we often use a laryngeal mask and sometimes an endotracheal tube. The positioning of these artificial airways will not take place before the patient is well asleep. To secure the patient's airways with our equipment helps to avoid the **risk of aspiration** (sputum, blood or stomach content entering the patient's lungs).

We are obliged to inform You about seldom and rare **complications and risks** of the intended anaesthesia, although our information should not distress You, because now a days an anaesthesia provides a highly qualified standard of safety, using modern, well tolerable pharmaceutical agents and a profound and careful monitoring of Your [child's] health.

Nevertheless, even with the highest amount of care and skill, **incidents can happen**,

for example: a damage of teeth. Please inform us prior to Your [child's] operation, if You have [Your child has] loose or defective teeth.

Very rare, lesion of the vocal cords occur after an endotracheal intubation, or a nervous disorder or lesion can occur after a problematic positioning of the patient's arm or leg on the operation table.

**Lifethreatening intra- or postanaesthetic incidents** like a Cardiac Arrest or an Allergic Shock occur extremely seldom - even with patients in a poor medical condition.

Severe complications of General Anaesthesia may follow an **aspiration** (i.e. stomach content entering the patient's lungs). This can be avoided by respecting a reasonable period of preoperative "starving". If You [Your child] had **"nil by mouth" for 5 hrs** prior to the beginning of the operation, this risk of aspiration is minimized.

Smokers have to respect a non-smoker period of 5 hours also. Only **clear drinks** (tea, mineral water) may be allowed until **3 hours** prior to the operation.

Please do respect these directives consequently to the benefit of Your own [Your child's] safety!

Postoperative Nausea & Vomiting is seldom now a days. If You have [Your child has] a history of previous nausea after an anaesthesia or suffering from travel sickness, please give us this information beforehand.

Please take care not to decide important matters within 24 hours after your anaesthesia. **You must neither take active part in traffic nor handle any machinery or vehicle.**

Therefore the patient has to be accompanied on the way home. Please secure, that there will be **a person to help** the patient at home for the first 24 hours after the operation and be prepared to contact Your Surgeon or Your Anaesthetist by phone.

→ Please read the following part on the back as well