Outpatient anaesthesia information leaflet

Key information for your procedure at Tagesklinik Bern

The essentials at a glance

Fasting: Do not eat anything for 6 hours before your procedure. Clear fluids are allowed until 2 hours before your procedure.

Medicines: Take or stop taking your medicines as discussed with your doctor.

Arrival time: You will usually receive your exact arrival time by text message on the day before your procedure.

What to bring: Your health insurance card and, if you have agreed to pay for your treatment yourself, a debit or credit card.

Going home: After anaesthesia, you will need an adult to accompany you. Patients who are minors must be accompanied by a parent or legal guardian, or by an appropriately authorised adult.

1. Preparing for your procedure

To help us prepare for your anaesthesia safely, please complete the medical history questionnaire in full. Please send it, together with your current medication list and your allergy card, if you have one, preferably by email to empfang@tagesklinik-bern.ch.

If you are older or have several relevant pre-existing conditions, such as heart, lung or metabolic conditions, an additional assessment by your GP may be needed before your procedure. We will let you know if this is necessary for you.

We review the documents you send us in advance and use them to carry out a preoperative anaesthetic assessment. The anaesthetist assesses your health in relation to the planned procedure and determines the appropriate type of anaesthesia. If you are having general anaesthesia, spinal anaesthesia or a nerve block, a telephone consultation with the anaesthetist can take place before your procedure if needed. If you have no relevant pre-existing conditions or specific risks, a telephone consultation in advance is not always necessary. In all cases, you will meet and speak with the anaesthetist in person before your procedure.

Neuengass-Passage 2, 3011 Bern | 031 312 83 83 | empfang@tagesklinik-bern.ch | www.tagesklinik-bern.ch

2. Fasting and medicines

- For 6 hours before your procedure: do not eat anything.
- Until 2 hours before your procedure: clear fluids such as still water, tea or coffee without milk or cream are allowed.
- For 2 hours before your procedure: do not drink anything.
- Cataract surgery: Special fasting instructions apply. In accordance with our instructions, you may have a light meal until 2 hours before your procedure.
- Medicines: Take or stop taking your medicines as discussed with your doctor. This applies particularly to blood-thinning medicines.

3. On the day of your procedure

- Please remove make-up, piercings and nail varnish from the affected part of your body where relevant to your procedure.
- Bring your health insurance card. If you have agreed to pay for your treatment yourself, please also bring a debit or credit card.
- You must not drive yourself home after anaesthesia. Please arrange for an adult to accompany you.

4. After your procedure

- Do not drive any vehicle or operate machinery for 24 hours.
- Do not drink alcohol for 24 hours.
- Do not make important decisions or sign significant documents during this time.
- Start eating and drinking again slowly once you feel well and the care team allows you to do so.
- **Pain relief:** Take painkillers as prescribed by your treating doctor.

If you have symptoms after your procedure

If you have severe vomiting, difficulty passing urine, severe pain, a fever above 38 °C or other unexpected symptoms, contact us on 031 312 83 83 until 16:00.

After 16:00, contact the medical out-of-hours service for urgent medical concerns. In a life-threatening emergency, call 144.

Questions

If you have any questions or concerns, please contact us preferably by email at empfang@tagesklinik-bern.ch. You can also reach us by telephone on 031 312 83 83.

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5. Types of anaesthesia and possible risks

Modern anaesthetic techniques are very safe. However, some risk cannot be ruled out entirely. Your individual risk depends on factors including your procedure, age, pre-existing conditions and general health. Your breathing and circulation are monitored continuously during the procedure.

General anaesthesia

General anaesthesia temporarily removes awareness and the sensation of pain. Depending on the technique used, your breathing is assisted or controlled.

Possible specific risks: Sore throat, hoarseness, difficulty swallowing, damage to teeth, inhalation of stomach contents and, very rarely, malignant hyperthermia or awareness during general anaesthesia.

Spinal anaesthesia

A local anaesthetic is administered in the lower back. This temporarily removes the sensation of pain and the ability to move the anaesthetised part of the body.

Possible specific risks: Headache, back pain, a drop in blood pressure, urinary retention, bruising, infection and, very rarely, neurological complications.

Peripheral nerve block

A local anaesthetic is injected precisely near a nerve, usually under ultrasound guidance. Your arm or leg may feel warm, heavy and numb for several hours.

Possible specific risks: Injury to nerves or blood vessels, altered sensation, unintentional injection into a blood vessel or seizures.

Intravenous regional anaesthesia (IVRA)

This technique is suitable for short procedures on the hand or forearm. A local anaesthetic is given through a vein in the arm, which is temporarily isolated from the circulation.

Possible specific risks: Bruising, an allergic reaction, a drop in blood pressure, a feeling of pressure in the upper arm or seizures.

Anaesthetic eye drops

The eye is numbed locally using eye drops, particularly for cataract surgery.

Possible specific risks: Infections or allergic reactions.

Sedation with pain relief

Medicines reduce the sensation of pain and your level of awareness. You feel relaxed or sleepy and may later be unable to remember parts of the procedure.

Possible specific risks: Reduced breathing and gaps in memory while the medicines are working.

General risks

Depending on the technique, other possible effects include nausea, vomiting, allergic reactions, circulatory or breathing problems, infections, bruising and discomfort caused by positioning during the procedure. Serious or permanent harm is rare.

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