

Preparing for daysurgical anaesthesia

Anaesthetic doctors need information about the patient's health, so that they can maximize the patient's safety during anaesthesia. The information is collected with a special pre-anaesthesia form "[Information for anaesthesia](#)" (The form opens into Excel, where you can fill it. Remember to print the filled form as you come to the hospital for your surgery.) The form is also sent to you with your surgery appointment letter.

Patients' diseases may delay their recovery and prevent their release on the surgery day. Especially heart, respiratory, kidney and metabolic disorders, such as diabetes, may cause complications during anaesthesia if a patient's condition is in imbalance. The disease or disorder therefore should be balanced with medication as well as possible when the patient comes for the operation (see "Medication on the day of the surgery" later on this page).

Let the anaesthetic doctor know all your known allergies, e.g. to drugs or food, so that safe anaesthetic agents can be selected for you.

Smoking affects your breathing and airways. If you stop smoking the previous evening, you will already improve your oxygen intake. By smoking you also slow down the healing of your wounds. We recommend that you to stop smoking well before the surgery.

Overweight increases breathing and respiratory problems. It can also complicate the surgery.

Alcohol and drugs do not mix with anaesthetics. The procedure can not be performed, if the patient is under the influence of such substances.

Also, hereditary diseases may run in your family and lead to an abnormal reaction to anaesthetics. Inform your anaesthetic doctor of such diseases as soon as possible, so that they can be taken into account when planning your surgery.

Medication on the day of the surgery

Always consult the staff about the medication you use on the day of the surgery. Take your medication with you to the hospital.

You can take most of your regular medication on the morning before the surgery as usual (e.g. for asthma, epilepsy, long-term nitro, beta blocker, cortisone, arrhythmia medication). Certain medication may interact with anaesthetics and must not be taken before the procedure (e.g. certain heart and blood pressure medication).

Treatment of diabetes will be planned on the day of the surgery individually for each patient. Always consult the staff on the use of medication that affects the coagulation of your blood (e.g. Marevan or Plavix) before the surgery.

It is also recommended that you do not take alternative medicine for one week before the surgery.

Fasting before an operation

It is important not to eat before an operation due to a risk of vomiting in connection with the anaesthesia. Stomach contents may reach your windpipe (trachea) during anaesthetization and cause a severe inflammation.

	Minimum fasting time before coming to hospital
Clear liquid	2 hours
Breast milk	4 hours
Milk	6 hours
Light meal	6 hours

Clear liquid includes water, juices that do not contain fruit flesh (clear apple juice etc.), carbonated drinks, clear tea or black coffee.

The allowed amount is 2 dl for adults and approximately 10 ml/kg for children.

A light meal may be a light breakfast of bread and liquid. If the meal contains plenty of fat or meat, the stomach empties more slowly increasing the time of fasting to about 8 hours.

The minimum fasting time is calculated backwards from the time you arrive at the surgery unit.