

# Your Journey with Anesthesia



## In the Floor

**You will be moved to a room where you can relax after your surgery. The length of stay will be decided by your doctor.**

- You may feel sleepy and tired.
- Your blood pressure will be taken at regular times.
- Your temperature will also be taken.
- You will meet your surgeon or attending physician who will inform you about your surgery details.
- Tell your nurse as soon as you start to feel any pain, so they can give you painkilling medication as soon as possible.
- The earlier you get out of bed and start walking, eating and drinking after your operation, the better.



## Discharge home

**Your doctor or nurse will show you how to take care of yourself when you go home. He or she will also answer your questions.**

- Have an adult family member or friend drive you home.
- Rest after your procedure for as long as your doctor tells you to.
- Be sure to keep all follow-up doctors' appointments.

## Coping with pain

- If you have pain after surgery, pain medication will help you feel better. Take it as directed, before pain becomes severe.
- There are other ways to control pain, such as with heat, ice, position and relaxation. Discuss it with your surgeon or nurse.
- Pain medications can upset your stomach. Taking them with a little food may help.
- Taking medication on a schedule can help you remember to take it.
- Constipation is a common side effect of pain medications. Contact your doctor before taking any medications like laxatives or stool softeners. Also ask about any dietary restrictions.

### Pre- Admission Anesthesia clinic

- 📞 Hamad General hospital: 44391388
- 📞 Ambulatory Care Centre: 40263748

### Patient and Family Education

- @ patienteducation@hamad.qa



# Your Journey with Anesthesia

## Your surgery will be at:

HGH  WH  RH  AKH  HH  AWH  TCH  Other \_\_\_\_\_

Date of your surgery: \_\_\_\_\_

## Check-in Time:

6:00 am for day care unit  \_\_\_\_\_ admission date ,one day before your surgery

## Before your surgery

- Complete your requested tests like blood investigations, x-ray and Electrocardiography (ECG).
- If you need to see specialists like a cardiologist or endocrinologist, make sure that you meet them before surgery.
- Meet your anesthesia doctor/anesthesia nurse at the pre -anesthesia clinic.
- Tell your anesthesia doctor/anesthesia nurse about your medical history, medications and allergies.
- Follow the fasting instructions strictly:
  - Fasting from intake of clear liquids 2 hours before elective procedures. (water and fruit juices without pulp, clear tea, and black coffee).
  - Fasting from intake of a light meal or nonhuman milk 6 hours or more before elective procedures.
  - Fasting from the intake of breast milk at least 4 hours before elective procedures.

- Fasting from intake of infant formula at least 6 hours before elective procedures.
- Sweets and chewing gum are viewed as solids and should not be taken for 6 hours before procedures.
- If you take blood thinning medications for your heart, like Aspirin, Coumadin or Plavix, inform the pre-anesthesia assessment healthcare provider for guidance regarding when to stop and restart your medication.



## Admission day

### You will be admitted a day before your surgery or on the same surgery day.

- An intravenous catheter (IV) will be inserted and fluids will be started as per doctor orders.
- Your family or friends can usually stay with you until you leave for the operating theater, at which point they can wait for you in the waiting area.
- You'll be asked to change into a hospital gown.

## During your surgery

- you will receive medication called anesthesia to keep you be comfortable and pain-free.
- An airway tube may be inserted and connected with a machine to help you breath if it is needed.



## Recovery room

### After surgery you'll be moved to the recovery room, where you'll be monitored.

- You may feel sleepy and tired as you come round from the anesthetic. A nurse will give you oxygen to help you feel better.
- Your anesthetist will observe your health condition and ensure you are free of pain.
- It's common to feel sick or vomit after you've been given anesthesia. Your nurse may offer you medicine to help relieve this discomfort.
- You may also have a sore throat and dry mouth.
- Your blood pressure will be taken via an automatic cuff that squeezes tightly at regular times.
- Your temperature will also be taken.