

Checklist for outpatient surgery at the IATROS clinic

Dear patient,

You are going to have an outpatient operation under general anaesthesia at the Iatros Clinic. Please check whether all the steps listed here have been taken. You should be able to tick each box.

MAKING THE DECISION TO SURGERY

You have understood the type of procedure, alternatives with and without surgery, risks and the expected course.

We do not recommend an outpatient operation if there are significant risks due to chronic illnesses, if you are taking anti-coagulant medication or if you are pregnant.

The informed consent for the operation is documented in writing in our practice.

ARRANGEMENT OF SURGERY DATE

The date for the procedure has been arranged with your doctor. **We will call you the day before the procedure, confirm the appointment and tell you when to arrive at the clinic.**

ANAESTHESIA CONSULTATION („Prämedikation“)

For this purpose, you should **visit the IATROS clinic or contact them by telephone** a few days before the planned procedure, but no later than one day before. Please bring the completed information/questionnaire with you. If available, bring an interpreter with you if you do not feel at ease with the German or English language.

When: Monday through Thursday from 9:00 am to 5:00 pm and Friday from 9:00 am to 1:00 pm without appointment. The IATROS clinic is closed on bridge days and holidays.



Where: MEDICAL OFFICE FOR ANESTHESIA, IATROS-KLINIK GMBH, Dr. med. Javier del Valle, Dr. med. Michael Kaspar, Dr. med. Christoph Schmitt-Hausser

Nymphenburger Straße 1, 80335 Munich, (Tower building opposite Löwenbräu-Keller, U1/U7 Stiglmaierplatz, streetcar line 22), Tel.: 089-461356-0

The anesthesiologist has informed you whether and which **examinations need to be performed by your general practitioner** prior to the procedure. Please take medical reports to the Iatros Clinic on the day of the procedure, not to our practice at Briener Straße 13.

For more information, please visit the clinic's website at <https://www.iatros-klinik.de/en/information/>

IF YOU REGULARLY TAKE MEDICATION

For any permanent medication, please talk to your primary care physician and the anesthesiologist before the procedure.

IMPORTANT PREPARATION

- Prescriptions for painkillers** and other medications required during post-operative care, as well as a **sick leave certificate (AU)** if required, will be given to you when you make your appointment. **Obtain these medication so that you are already equipped on the evening of the operation.**
- In case of rectal surgery, **please do not forget to visit the toilet before the operation.** In case of persistent constipation, it is recommended to use a Klyisma the day before (e.g. Klyisma Saline 135 ml).
- After the operation, it is **mandatory that you are picked up from the clinic by an adult** accompanying you. A relative should be available to take care of you until the next day. If no one is available, talk to the clinic. An overnight stay there is possible for an additional payment.
- Corona pandemic: Inquire at the Iatros clinic about the applicable rules, in particular the need for a PCR or POC test, mask requirement, handling of accompanying persons, etc.**

ON THE DAY OF OPERATION

- Arrive on time and fasting for surgery!** Despite good planning, there may be delays in the start of the surgery. We ask for your understanding for this.
- Fasting means: you **must not eat, drink, smoke, nibble or chew anything 6 hours before** the scheduled start of surgery. The only exception - you take your medication at the usual time.
- In case of **acute illness**, e.g. cold, febrile infections or diarrhea, the operation cannot be performed. Please inform us as soon as possible.
- Please refrain from wearing make-up, lipstick and nail polish. Leave jewelry, large amounts of money and valuables at home! The IATROS clinic assumes no liability for these items.

AFTER THE SURGERY

From the operating theatre, you will go to the recovery room for 1 - 2 hours for monitoring. When you can be picked up again, your driver will be notified by telephone.

Painkillers

In the first weeks, you usually need analgesics, which will be prescribed by us. Let us know about any pre-existing conditions, intolerances and allergies.

Laxatives

For stool regulation, we recommend ground psyllium husks, and also macrogol (Movicol®) for very hard stools. If bowel movements are still absent on the second day postoperatively, you should use an over-the-counter laxative such as sodium picosulfate (e.g. Laxoberal®) or bisacodyl (e.g. Dulcolax®).

Complications

In case of insufficient pain control, bleeding, stool and urine retention, fever > 38.5° or severe abdominal pain, call me!

Emergency Number: 0172 - 8007900 (Dr. Hofer)

If this number cannot be reached fast enough, please contact the emergency room of an acute hospital, the toll-free nationwide on-call number 116117, or the 112 rescue service, depending on the severity of the symptoms.