



Behavioural instructions for the time before and after anaesthesia

To avoid complications during anaesthesia, you should observe the following precautions for your own safety

Follow the instructions carefully, regardless of whether it is an inpatient or outpatient procedure. Please note: Although there are minor and major operations, there are no minor anaesthetics! These rules also apply to procedures under planned local / regional anaesthesia!

Before the procedure: (change only after medical instruction in the anaesthesia consultation)

From midnight (or at least 6 hours before the operation)

- **do not eat, do not smoke**
(for afternoon surgery only light breakfast until 6 hours before surgery)
- Clear liquids (no milk or similar, no carbon dioxide, no alcohol) are permitted in normal quantities (1 - 2 glasses) up to 2 hours before the operation

Heart and blood pressure medication

- **Always take with a little water at the usual time**

If you are taking **medication to thin the blood** (e.g. ASA, heparin, Marcumar) and/or **sugar medication** (e.g. metformin, insulin),

- **Please consult your surgeon / anaesthetist in good time** before the operation
Please do not stop taking such medication yourself, but discuss it.
- **Diabetics on insulin therapy:** bring your own sugar test device and insulin

Patients with special illnesses (e.g. asthma): Bring **emergency medication** Remove contact lenses, dentures, rings, jewellery (including piercings), artificial hairpieces Remove make-up and nail polish

Take a thorough shower or bath, brush your teeth, wear comfortable clothes, bring a T-shirt, children should not wear tights

Please bring your insurance card with you

After the procedure:

for 24 hours: (period can be extended by doctor's order)

- **do not actively participate in road traffic** (not even as a pedestrian)
- **Do not operate any running machines**
- **do not make any important decisions**

for outpatient procedures:

- **Ensuring pick-up by an accompanying person** (also not alone in the taxi)
- **Ensuring care at home** (not alone at home until the next morning)

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Ronald Thoms is responsible for data processing (see front page for contact details). (any changes will be published on the homepage of

the MVZ: www.dreamteam-anaesthesie.de).

Medical Director: Ronald Thoms # Post: Im Kamp 47, 14532 Kleinmachnow # thoms@dreamteam-anaesthesie.de

Data Protection Officer: Contact see front page with addition "Data Protection" # [datenschutz@dreamteam-](mailto:datenschutz@dreamteam-anaesthesie.de)

anaesthesie.de Responsible KV: KV Berlin # Tel.: 030 - 31 00 30 # www.kvberlin.de # Masurenallee 6a # 14057 Berlin

Responsible Ärztekammer: ÄK Berlin # Tel.: 030 - 40 80 60 # www.aertzekammer-berlin.de # Friedrichstr. 16 # 10969 Berlin

Responsible supervisory authority: Berlin Commissioner for Data Protection and Freedom of Information
Tel.: 030 - 13 88 90 # www.datenschutz-berlin.de # Friedrichstr. 219 # 10969 Berlin