

A surgical procedure means anxiety and fear for everyone, that is why here you will find some information on how to behave to limit hospital treatment being unpleasant and surprising as much as possible.

Take important documents with you:

- referral to hospital,
- identity document
- insurance proof,
- pensioner/retiree card.

Before going for surgery:

Ask your doctor to explain the need for the procedure and what it will involve in detail. Your operation is scheduled, you will have time to complete all the doctor's recommendations and gather the necessary documentation.

Get vaccinated:

- Anyone undergoing surgery should be vaccinated against Viral Hepatitis B (hepatitis B).
- If the operation is 6 weeks away, you vaccinate twice (repeat one month after the first dose). You report for treatment 2 weeks after receiving the second dose of the vaccine. Third and final dose – after 6 months
- If the procedure is urgent, you also do the vaccination, but in a different way, which you will get information about from your doctor. And this mode of vaccination gives you sufficient protection against infection. If you have been vaccinated more than 5 years before, test your blood for anti-HBS

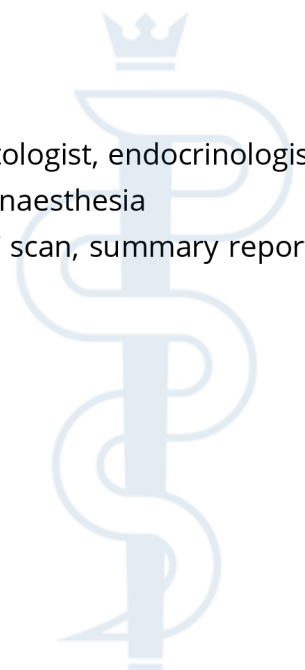
Prepare medical records:

- Laboratory test results
- Statement from an internist/paediatrician (specialist – cardiologist, diabetologist, endocrinologist) on the general state of health as no contraindication to general/placebo anaesthesia
- Also, take other specialist test results with you, e.g. X-ray, ultrasound, CT scan, summary reports from previous hospital stays, etc.

Pack your personal belongings:

- pyjamas or a shirt,
- bathrobe,
- toiletries,
- slippers or flip-flops.

Bring medications that you take on regular basis with you.



Do a health check of conscience:

- Past illnesses
- What surgical procedures have you undergone
- What medical conditions run in the family
- Allergies, especially to antibiotics, painkillers, foods
- Also, notify if you have a history of hepatitis B, C or are HIV positive

In a medical facility:

1. Report for registration.
2. Head to the admission room where you will be given the necessary forms.
3. You will then be taken to the department, where the nurse will show you the room you will be lying in.

Fill in the necessary documents – they provide information about the state of your health (see – health conscience account). If you have trouble completing them, ask your nurse or doctor for help.

Consent to surgery - this is a document that needs to be signed on the day of surgery. If the person is a minor, this consent is signed by the parents.

Do not forget – provide the data on who will be informed of the details relating to your condition in the documentation.

Anaesthesia type – the anaesthesiologist should inform you of the type of anaesthesia that can be used during surgery, taking your health, safety and comfort into account.

After the operation – your doctor should let you know how the operation went. You will feel better and better with each passing hour, but if you experience any discomfort, e.g. pain, nausea, dizziness, shortness of breath or problems urinating, tell the nurse or doctor.

When leaving the medical facility – take and keep the Summary Report, it is an important document. It includes the name of the condition, a description of the medical procedures, the medications used and the course of treatment. There are also recommendations for the future – medications and necessary follow-ups. The Summary Report should be accompanied by an envelope with all test results.

Remember!

- Do not eat for 6 hours before the procedure.
- Do not drink for 4 hours before the procedure
- Report to the hospital 30 minutes before your scheduled surgery time.