

INFORMATION FOR PATIENTS BEFORE ADMISSION TO THE DEPARTMENT OF SURGERY AND ORTHOPAEDICS

All employees of the clinic will do their best to make your stay in our medical facility pleasant.

- **A preoperative assessment** must be performed before every procedure. If you wish to complete the assessment at your place of residence, please visit your GP three weeks before the procedure with a list of the necessary tests and examinations that you received with these instructions when arranging the date of the surgery. Don't forget to bring the result with you!
- On the day before the surgery, eat only easily digestible food and drink a sufficient amount (approx. 2000 ml) of liquids, but no alcoholic beverages! Stop eating and drinking at midnight. From then on, do not smoke, chew gum or suck on candies. The reason is to prevent stomach contents from leaking into the lungs during anesthesia. In the morning before the operation, take the necessary medicines and drink them down with a small amount of clean still water (approx. 100 ml). These are mostly chronically used drugs for high blood pressure. Take these medicines no later than 2 hours before the procedure. Patients who go to surgery later in the afternoon (after 2:00 p.m.) can still drink clean still water on the morning of the surgery. It must only be a small amount of water (approx. 200 ml).
- Patients who are marijuana users must stop using it at least 72 hours = 3 days before surgery. Otherwise there is a risk of cardiac arrhythmia during anesthesia!!!
- On the day of admission, please register at the reception of the clinic on the ground floor of the ISCARE Clinical Centre (Českomoravská 2510/19, 190 00 Prague 9 - Libeň). After admission by the attending physician on 9th floor, you will be taken to the Inpatient Department (3rd floor or 4th floor).
- If, for serious reasons, you are unable to attend the admission, please notify the nurses' station by telephone as soon as possible on weekdays from 7 am to 3:30 pm. (tel.: +420 234 770 366). You can also leave a message at the reception of the clinic from Monday to Friday from 7 am to 7 pm and on the answering machine during non-working hours (telephone + 420 234 770 100).
- If you have acute health problems (catarrh, cold, a cold sore, allergies...) before the surgery, inform us immediately.

What you need to bring with you:

- health insurance card and ID card
- certificate for incapacity to work, if it has already been issued (otherwise ask for the certificate at the nurses' station)
- medication you usually take (preferably in the original packaging)
- results of the preoperative assessment, if the assessment was carried out outside the clinic
- toes-to-groin compression stockings class 1 (can be purchased at ISCARE Pharmacy on the ground floor of the building or in medical supplies)
- toiletries, slippers, nightwear
- favourite book

You need to stop taking the following medication one week before surgery:

- Acylpyrin, Anopyrin, Aspegic, Aspirin, Aggrenox, Aspro, Brufen, Curantyl, Diclofenac, Godasal, Ibuprofen, Ibustrin, Kardegic, Olfen, Rewodina, Superpyrin, Tagren, Ticlid, Thomapyrin, Upsarin, Vessel Due and Voltaren.
- If you are taking Warfarin, it will be replaced 5 days before the procedure, after consultation with your doctor, by low molecular weight heparin given subcutaneously.

Payment (according to the price list of non-standard hospitalization):

Hospitalization in a single room is charged, see our price list on our website www.iscare.cz . The room can be booked according to the capacity of the Inpatient Department.

The rooms are equipped with a private locker, TV, adjustable bed and bedside table. The rooms have private bathroom. There is also a free wireless internet connection (Wi-Fi).

Notice:

- The clinic and the whole building are non-smoking!
- Do not bring (if possible) large luggage.
- Do not take valuable jewellery and larger sums of money for hospitalization, the clinic is not responsible for their possible loss.
- Put away loose dentures and contact lenses before the procedure. Do not wear contact lenses on the day of the procedure. Come to the operating room without jewelry, make-up, nail polish and gel nails (or it is possible to remove the polish or gel on only one index finger). Remove any piercings from the face and oral cavity. Do not use oily face creams.
- Please report rings and other jewellery that cannot be removed to the nurses.
- Inpatient Department visits are possible daily from 15:00 to 18:45 (please see ISCARE House Rules).
- Upon discharge from the Inpatient Department, everyone must arrange transportation with an accompanying adult.
- Contact the nurses, attending physicians, or the head physician of the department with confidence.