

YOUR ANAESTHETIST

Your surgeon has asked that a member of this practice provide your anaesthetic. All consultants in this group practise at the City Hospital or Queen's Medical Centre, as well as at the main private hospitals in the Nottingham area. After your admission to hospital, if time permits, you will normally be seen by your anaesthetist. He or she will ask you some routine questions, but please use the opportunity to say anything important to you, and ask any questions. There may be matters relating to your anaesthetic better dealt with before admission to hospital. Our telephone is usually attended for about 6 'flexible' hours each day, between 8am and 7pm, and has an answerphone. We can usually arrange for one of our doctors to call you back within 24 hours. If you have any concerns about your anaesthetic or your health, even if it is just a cold that is worrying you, or about treatment prescribed by your doctor – please call. If your child is undergoing surgery you may want to ask questions to help you prepare him or her.

BEFORE THE ANAESTHETIC

As well as whatever preparation your surgeon advises, we ask that you do not eat in the 6 hours before surgery. Clear non-alcoholic fluids may be drunk up to 2 hours before the operation. Smokers should try to stop or cut down.

We know this is hard but even stopping the night before surgery helps. If you are taking prescribed drugs, the general rule is to continue them, even if you need a 'sip' of water to get tablets down. If in doubt please 'phone our office.

THE ANAESTHETIC

Most anaesthetics start with an injection in the arm or back of the hand. This works within seconds, and is given in the anaesthetic room, next to the operating theatre. For children sometimes a 'numbing' cream is used first. Your anaesthetist will continue your anaesthetic, monitor your condition and supervise your initial recovery from the anaesthetic. From the theatre you will be taken to the recovery room, where nursing staff, under the direction of the anaesthetist, will look after you until you are sufficiently awake for you to return to your room on the ward. If a local anaesthetic is needed this will be discussed with you and where possible your preferences will be accommodated.

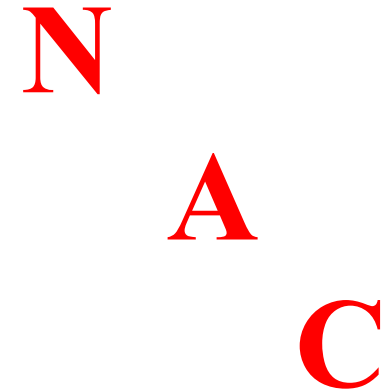
AFTERWARDS

Pain relieving injections, tablets or sometimes suppositories will be available and are prescribed by the anaesthetist. For some operations a 'drip', giving sugar or salt containing liquids or sometimes a blood transfusion is connected to one of your veins by a small plastic tube. Treatment is also

available to try to reduce 'nausea', a problem which affects some people more than others. If you are going home on the day of your operation there are a few rules. You are still under the influence of anaesthetic drugs, because your body takes a while to get rid of them. You should be taken home by a responsible adult, and be prepared to take it easy until at least the next morning, leaving any difficult and most routine domestic tasks to someone else. It is not the time to deal with anything needing concentrated thinking. Above all, do not drive for at least 24, preferably 48 hours. You may feel confident, but you will not be able to concentrate as well as you should.

PROFESSIONAL FEES

Like your surgeon, the anaesthetist is not employed by the private hospital. Unless you have made another arrangement recognised by us, we will send you a separate account for our services. This is our invoice to you: if you are insured you may prefer to send it to your insurance company with your other accounts. We consult the schedules of the major insurers before assessing our fees, and we find that for full premium payers they normally re-imburse patients completely for our charges though there are exceptions. If you pay reduced premiums, belong to a restricted scheme, or carry an excess on your policy, there may be a short fall for which you are responsible. You can telephone our office to discuss this if you wish.



**NOTTINGHAM ANAESTHESIA
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