

Day Treatment Unit (Upstairs Clinic)

You are due to undergo a surgical procedure or treatment at Amstelland Hospital. In consultation with your attending specialist, it was decided that you will be admitted to the Day Treatment Unit. Please read this information carefully to ensure you are well-prepared.

Preparation — in plenty of time before your admission

Arrange your transport home and support at home

It is important to make suitable arrangements prior to your admission for your transport home and your support at home:

- Transport after you have been admitted: make arrangements for someone to pick you up by car or accompany you home in a taxi. You cannot drive a car or use public transport after your admission, as you will not have sufficiently recovered and the anaesthetic will affect your ability to drive.
- Support during the first 24 hours: make sure that an adult is present to welcome you back and support you, for the first evening and night after you return home as a minimum.
- Using drugs is strongly discouraged in the weeks prior to your surgical procedure.

If you are unable to attend or are ill

Please phone us as soon as possible if you are unexpectedly unable to attend. Please also call the unit if you feel ill or have a temperature over 38.5 °C shortly before admission.

Preparation — the day before your admission

Your arrival time

Please call the Upstairs Clinic between 14:00 and 15:00 one working day prior to your operation for more information on your arrival time at the hospital. If your surgical procedure is due to take place on Monday, please call us on the Friday before.

Upstairs Clinic: +31 20 755 7093

Preparation — the day of your surgical procedure

Empty stomach

It is important not to eat or drink prior to your admission, so your stomach is as empty as possible. This is also referred to as 'fasting'. Fasting is important as any food present in your stomach increases the risk of the contents of your stomach entering your lungs, causing severe pneumonia as a result. If you do not have an empty stomach, the surgical procedure will not proceed for your own safety.

To ensure you have an empty stomach, please adhere to the following rules.

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From **6 hours prior to your admission time**:

- You are **not** allowed to eat anything
- You can drink **1 glass** of the following options: water, clear apple juice, lemonade (from squash), tea (without milk, sugar is allowed).
- Please do **not** drink the following: milk, dairy products, fizzy drinks or alcohol.
- You are **not** allowed to smoke.

From 2 hours **prior** to the surgical procedure:

- You are **not** allowed to eat or drink anything, including chewing gum. You can still take prescription medicine (with a sip of water). The medicines you are or are not allowed to take will be discussed during your preoperative screening.

Report at reception

Please report to the reception desk of the Upstairs Clinic at the agreed time.

Rooms

There are no separate rooms for men and women. You may use your mobile phone. To make sure that other patients are not disturbed, please be considerate to your fellow patients when making phone calls.

Please note: there are no visiting hours at the Day Treatment Unit.

Identification

During your hospital stay, you will wear a wristband with your name and date of birth. In order to confirm your personal details, various hospital staff members will ask for your name and date of birth. This verification is important for your safety and for the quality standards we are required to meet as a hospital.

Surgical procedure and treatment

Prior to the surgical procedure

Immediately before the procedure, you will be asked to put on a special surgical gown. We cannot confirm the exact time at which the procedure will take place. Unforeseen circumstances may lead to your surgical procedure being performed earlier or later than scheduled.

The surgical procedure

Preparations for the procedure and your anaesthetic will be made at the holding area. These general preparations include taking your blood pressure, inserting a drip and applying heart monitoring stickers. A final check will be carried out before you are given the anaesthetic. This check is performed to ensure that you are the correct patient, and that the correct procedure is carried out on the correct side of your body.

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After the surgical procedure

Immediately after the procedure, you will be woken up and taken to the recovery room. Once you are awake and your pain is under control, the nurse will collect you.

On your return to the unit, the nurse will notify your contact person by telephone and agree a time for your collection. No medical information will be provided at this stage. In some cases, the specialist may consider it inadvisable for a patient to go home.

In this case, you will be admitted to another unit for a few hours or for one night, until you have fully recovered. Once you have passed urine and your pain is under control, you can be discharged.

Returning home

Contraceptives

If your surgical procedure was performed under a general anaesthetic and you use a contraceptive pill, please remember that protection against pregnancy is not guaranteed for the rest of your cycle.

Use of your data

Ziekenhuis Amstelland collects various data for quality control, for example about hospital infections. If you are not happy for this to happen, please notify your attending nurse or doctor. If you do not notify us, the hospital will assume that you have no objections to your data being used anonymously for the purpose of quality control.

Questions and unexpected symptoms

If you have any questions or unexpected symptoms after you have arrived back home, please do not hesitate to call the Day Treatment Unit on +31 20 755 7096. If this unit is closed, please call the hospital's general number (+31 20 755 7000). If you experience any physical symptoms more than 24 hours after you have been discharged, please contact your GP.

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Checklist:

- ☐ Arrange your transport back home and your support for the first 24 hours at home in good time.
- ☐ Shower or bath at home on the day of the surgical procedure.
- ☐ Do not use any make-up / body lotion / jewellery / face cream on the day of the surgical procedure

Things to bring to the hospital:

- ☐ Your own medication in its original packaging for the length of your stay
- ☐ Toiletries
- ☐ Comfortable clothing and shoes
- ☐ Warm socks
- ☐ Something to read or relax to
- ☐ A two euro coin for the locker in the room

What else to bring (if applicable):

- ☐ Crutches — for a procedure on your leg, foot or ankle
- ☐ Nose cleaner — for nasal procedures
- ☐ Tight pants — for a hydrocele/spermatocele/orchidectomy

Please note

Leave valuable belongings such as jewellery and large sums of money at home. The hospital cannot be held liable for missing, lost or damaged goods.