

# Checklist for patients coming for inpatient or day surgery at the Women's Clinic

The purpose of this leaflet is to provide patients with the necessary information when they come for inpatient or day surgery.

We kindly ask you to arrive at the reception of the Women's Clinic at the time specified on your referral letter. The reception is located on the first floor of Building B, Ravi tn 18. At the reception, you will be admitted to the hospital and shown to the ward.

If you are unable to come to the hospital at the scheduled time (e.g. due to illness), please let us know at the earliest opportunity by calling:

- +372 620 7171 (weekdays 8:00-16:00)
- +372 620 7168 (outside of working hours).

## **Regularly used medications**

Inform your doctor or nurse about all the medications you take before the surgery, such as diabetes medications, blood thinners (warfarin and other oral anticoagulants, aspirin, clopidogrel) and/or painkillers. Your treatment plan may be adjusted if necessary. Also inform your doctor or nurse about any medications you have taken in the last month (e.g. antibiotics). You should take regularly used medications on the morning of the surgery with a small amount of water, which is necessary for swallowing tablets.

If your doctor has not provided you with any other instructions, then:

1. on the morning of the surgery, make sure to take your blood pressure medications;
2. on the morning of the surgery, do not take diabetes medications or administer a morning insulin injection.

## **Bring with you to the hospital:**

- a valid identification document (passport, ID card, driver's license, etc.);
- a completed and signed anaesthesia information sheet and patient consent form;
- regularly used medications;
- personal hygiene items, including sanitary pads;
- indoor shoes/slippers;
- necessary aids (crutches, cane, glasses, hearing aids, etc.);
- personal clothing (if desired).

We recommend that you do not bring large sums of money or valuables to the hospital. You can leave your documents, money and valuables for safekeeping at the department if you wish. The hospital is not responsible for items not deposited for safekeeping.

### **Before coming to the hospital**

Before coming to the hospital, we ask you to have your teeth and mouth checked and treated if necessary by a dentist. If the teeth are not treated, anaesthesia can cause a tooth to break or become loose. Untreated oral infections can also lead to infections and postoperative complications.

Please ensure your personal hygiene before coming to the hospital: wash your hair and body and trim your nails. To prevent skin injuries and infections, we recommend not shaving the surgical area at home. We recommend that you remove nail polish from your fingernails before coming to the hospital.

Do not eat, smoke or chew gums **six hours** before the surgery and avoid drinking **two hours** before the surgery.

### **After the surgery**

After an outpatient surgery procedure, you will be offered yoghurt and tea. Following an inpatient surgery, you will be provided with a diet prescribed by your doctor.

During the first two weeks after the surgery, you may only take showers; avoid baths, saunas and swimming. Use the pain medication recommended to you (either prescription or over-the-counter medications).

Please think beforehand about who will help you get home safely after the surgery. It would be helpful if someone could pick you up and accompany or transport you home. After surgery under local or general anaesthesia, refrain from driving a motor vehicle or operating dangerous or attention-demanding equipment for 24 hours, as the medications used for anaesthesia can slow down reaction time.

On the day of discharge, a staff member from the department will prepare a bill for your bed days, which can be paid at any hospital reception desk or via the iPatient patient portal. Please inform your doctor if you need a sick leave certificate.

### **Smoking in the hospital**

The hospital adheres to a smoke-free environment principle; therefore, smoking is only permitted in designated areas on the hospital premises.

We appreciate your cooperation and wish you a speedy recovery!

### **Location plan of the buildings of the Ravi tn unit of the East Tallinn Central Hospital**



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Approved by the decision of the Care Quality Commission of East Tallinn Central Hospital on 20.09.2023 (protocol no. 15-23)