

⊕ Waking up



You will wake up in our recovery area where you will be looked after, and monitored, by one of our nurses, until you feel well enough to start having sips of water.

Once you can drink water and feel comfortable we will give you a cup of tea or coffee.

You will stay in the recovery area until the nurses looking after you are confident that you are well enough to be discharged. Remember though that you must have a responsible adult to take you home! No Driving!!!



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Anaesthetic Information for Adults

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⊕ Who is my anaesthetist?



An anaesthetist is an experienced specialist doctor. Their job is to make sure you are safe during your operation and comfortable afterwards. You may not see much of the anaesthetist, but they will see a lot of you. They will stay with you for the whole of your operation, giving the anaesthetic and constantly checking you.

You will get an opportunity to talk to your anaesthetist and express any anxieties you may have about having an anaesthetic before the operation.

As the anaesthetist is going to be looking after you it is important to tell them certain things about yourself. Such as:

- Any history you or you family have of drug allergies or problems with anaesthetics,
- Any illnesses of medical conditions in your family
- Any illnesses that you have or medications that you are on.
- If you regular take medication or use an inhaler bring them with you and show the anaesthetist.

What ever you discuss with the anaesthetist, the surgeon, the anaesthetic technician and the nurses, is treated confidentially. But, whatever you tell us will help us appreciate your needs and care for you appropriately.

⊕ What can I do to prepare for my anaesthetic?

Make sure you follow the guidelines on fasting as it is important to have an empty stomach while you are anaesthetised.

If your operation is in the afternoon and you are told that you can have breakfast, make sure it is nothing too heavy, have something light such as toast and tea or coffee. Not a full fry up!!

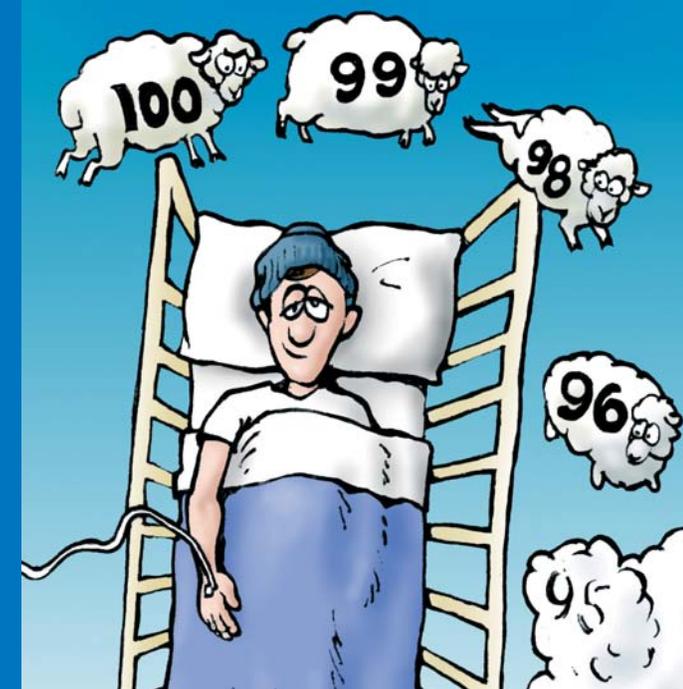
If your operation is later on in the afternoon you may be told to have a light lunch, this does not mean a full cooked meal!

Fasting usually means no solids or milk for six hours before surgery, and no clear fluids for at least 2 hours. Solids include sweets and chewing gum.

Clear liquids include water, fruit juice (but not containing pulp, definitely no fruit smoothies), carbonated drinks, clear tea and black coffee, but definitely not alcohol!!



⊕ What will happen?



Once you have had a chat to your anaesthetist and feel comfortable, you will be taken into the theatre of the bus. Your anaesthetist and the anaesthetic technician will help you to lie down on the operating table, while they connect you to the anaesthetic machine. This may include:

- A cuff wrapped around your upper arm (blood pressure monitor)
- A "probe" placed gently on your finger(this measure the oxygen in your blood)
- 3 little sticky electrodes are placed on your shoulders and the left side of your chest(to monitor your heart)
- A small cannula/needle will also be inserted into our arm, through which the anaesthetic drugs will be given to you. (If the thought of having this done upsets you tell you anaesthetist when you have your chat with them, they will endeavour to ensure that you get no discomfort at all.)

You may also be asked to breath through an oxygen mask as the Anaesthetist gives you your anaesthetic. The Anaesthetic Technician and a nurse will be by your side, to make sure that you are comfortable, as you drift off to sleep!