

Preparing For Your Surgery

Please bring this booklet
for ALL your visits

Patient Identification (Sticker Label)





Consultation

- ▶ Surgery details
- ▶ Risk of procedure

1
Day of
Consultation

Date: _____
Venue: _____



Day of Admission

Our staff will give you a call 1 working day before your day of admission to inform you of your Admission Time

3
Day of
Admission

Preparing For Your Surgery

Date: _____

Venue: _____

2
Pre-
Admission

Pre-Admission Tests

- ▶ Estimated bill size
- ▶ Discuss financing options (MediSave, insurance)
- ▶ Preparation for surgery



Pre-Admission tests *(Where applicable)*

- ▶ Blood test
- ▶ Electrocardiogram (ECG)
- ▶ X-ray

Fasting is not required

Assessment *(Please bring all your medication)*

- ▶ Medication instructions
- ▶ Discuss risk of anaesthesia
- ▶ Discuss pain management



Patient Education *(Where applicable)*

- ▶ Customised education based on surgery

Documents and initial deposit required on _____

- Patient's NRIC / Passport
- Employment Pass / S Pass / Work Permit (if applicable)
- Civil Service Card / Hospital Identity Card / Letter of Guarantee
- Service Injury Card / Medical Benefit Identification Memorandum (MBIM)
- Medical Claims Authorisation Form (s) & NRIC (s) of Medisave Account Holder(s)
- Means Testing Consent Form / Consent Form for Data Sharing (PFA)
- Initial Deposit Required: S\$ _____

For patients admitting to the Same Day Admission Centre or Ambulatory Surgery Centre, our staff will call you one day before your day of admission/surgery.

In the event that you did not receive a call by 5pm, please contact the Pre-Surgery Hotline at: 6576 1248.

For enquiries or changes to your admission/surgery date, please contact the Pre-Surgery Hotline at 6576 1248.

The Pre-Surgery Hotline operates from 8am – 5pm on weekdays, and 8am – 12pm on Saturdays.

For more general information regarding your admission/surgery, please visit: www.sgh.com.sg/pre-surgery

Please note:

- a) There can be unexpected changes to the surgery schedule. Your surgery may start earlier or later.
- b) Availability of your bed can only be confirmed at the time of admission. You may have to wait for a bed as we do not reserve beds in advance. This is to enable patients who require emergency admission to have access to timely care.
- c) Your planned admission/surgery may be re-scheduled or postponed if:
 - ▶ there is a shortage of beds for patients requiring urgent admission, or
 - ▶ a further assessment of your medical condition is needed.

Do's and Don'ts

✓ DO'S

- ▶ Report punctually at the place of admission. Our staff will register and prepare you for your surgery.
- ▶ Have a parent / guardian present to give consent for your operation if you are below 21 years old.
- ▶ Bring along all your medication (including your inhaler for asthma).
- ▶ Bring along all X-ray films/CDs and any medical notes from your doctor on the day of admission and hand them to the nurse.
- ▶ Bring along a container for your spectacles or hearing aids, if you are wearing them.
- ▶ If you are going home on the same day of surgery, please arrange for a relative or friend to accompany you home when you are discharged, and ensure that you have a reliable caregiver at home.



✗ DON'TS

- ▶ Don't apply makeup, nail polish or wear jewelry or contact lenses.
- ▶ Don't bring excessive cash or valuables (including laptops and personal mobility aids such as motorised wheelchairs) to the hospital on the day of surgery. The hospital reserves the right to safe-keep such valuables as our policies dictate. The hospital will not be responsible for any loss of your personal belongings or valuables.
- ▶ Don't bring items such as lighters, matches, knives or any other sharp objects that are prohibited in SGH. These items will be kept by the ward and returned to the patient upon discharge.



Instructions for elective surgery cases

1. Fasting Instructions Yes No

Fasting is essential prior to your procedure. In the event that you did not follow the instructions, your surgery will be rescheduled to another date.



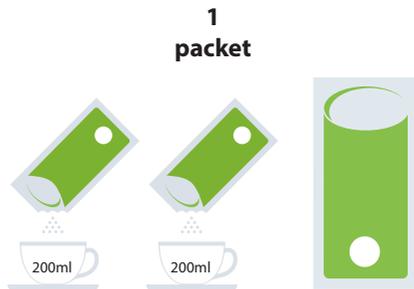
NO food and drinks (except **PLAIN WATER**) after 12 midnight or as instructed



Last drink allowed is **half a cup (200ml)** of **PLAIN WATER** before leaving home or as instructed

2. Pre-Op Carbohydrate Drink Instructions Yes No

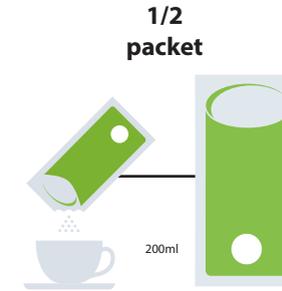
Carbohydrate loading drinks provide energy for your body while you are fasted. Please follow the instructions below if you are given carbohydrate loading drinks.



Evening before surgery (Before bedtime)

- ▶ Pour 400mls of water in a cup/bottle
- ▶ Add 1 packet of carbohydrate powder, stirring continuously until the powder has dissolved.

Instructions for elective surgery cases



2 Hours before surgery (Before leaving home to SGH)

- ▶ Pour 200mls of water in a cup/bottle
- ▶ Add half a packet of carbohydrate powder, stirring continuously until the powder has dissolved.

3. Medication Instructions

Please follow the doctor's instructions on your medication



- 4. **If you develop symptoms of flu/cold within 2 weeks of surgery, please seek advice as you may not be suitable to proceed with surgery.**



Medication Instructions

Medication Instructions

	Before Day of Surgery	Day of Surgery
Take	<input type="checkbox"/> High blood pressure medication : _____ Date/Time: _____ <input type="checkbox"/> Diabetes medication : _____ Date/Time: _____ <input type="checkbox"/> Gastric medication Date/Time: _____ <input type="checkbox"/> Asthma inhaler medication : _____ Date/Time: _____ <input type="checkbox"/> Others: _____ Date/Time: _____	<input type="checkbox"/> High blood pressure medication : _____ Date/Time: _____ <input type="checkbox"/> Diabetes medication : _____ Date/Time: _____ <input type="checkbox"/> Gastric medication Date/Time: _____ <input type="checkbox"/> Asthma inhaler medication : _____ Date/Time: _____ <input type="checkbox"/> Others: _____ Date/Time: _____
Stop	<input type="checkbox"/> Aspirin Date/Time: _____ <input type="checkbox"/> Clopidogrel (Plavix) Date/Time: _____ <input type="checkbox"/> Others: _____ Date/Time: _____	<input type="checkbox"/> High blood pressure medication : _____ Date/Time: _____ <input type="checkbox"/> Diabetes medication Date/Time: _____ <input type="checkbox"/> Others: _____ Date/Time: _____
Bring		<input type="checkbox"/> Continuous Positive Airway Pressure Machine (CPAP) <input type="checkbox"/> Home blood pressure readings <input type="checkbox"/> Memo from General Practitioner <input type="checkbox"/> Medication from General Practitioner or Private Institutions <input type="checkbox"/> Others: _____



ANAESTHESIA

What is Anaesthesia?

Anaesthesia means 'loss of sensation'. Medications will be given to you so that you are unconscious and do not feel pain during the surgery or procedure. After the anaesthetics has worn off, you will regain consciousness and wake up.

What are the types of Anaesthesia?

1. General Anaesthesia

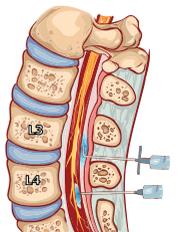
General Anaesthesia is a medically induced, reversible state of unconsciousness. This is achieved using a combination of drugs including pain-killers. Drugs are injected into your vein and/or breathed in as gases into the lungs. A breathing tube will be inserted to help you breathe while unconscious. The tube is removed after surgery when you wake up.

2. Regional Anaesthesia

Regional Anaesthesia numbs a specific part of your body. It may be combined with sedation or general anaesthesia. Regional anaesthesia may be performed as a single dose or with a continuous catheter through which medication is given over a period.

a) Epidural Anaesthesia

Local anaesthetic and other pain medicines are given using an epidural catheter (a small tube) that is inserted into your back to block pain during surgery and/or after your operation. Epidural analgesia is commonly used to help reduce labour pain.



b) Spinal Anaesthesia

Local anaesthetics and other pain medicines are injected directly into your spinal canal to block pain during surgery. Generally during spinal anaesthesia, the patient is numbed from the chest or abdomen down to the legs for 6 to 8 hours.



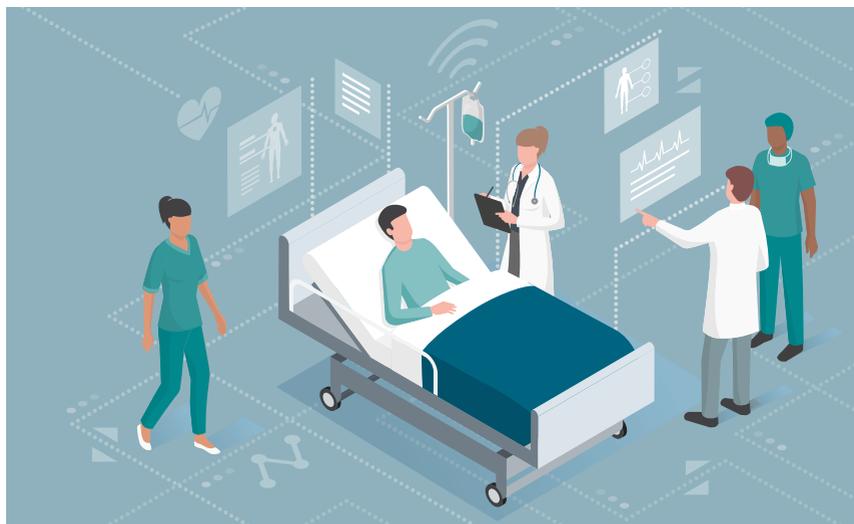
c) Nerve Blocks

Local anaesthetics and other pain medicines are injected near a nerve or a group of nerves supplying sensation to the intended surgical site, hence numbing the region and blocking pain during surgery. Nerve blocks typically last 8 to 16 hours, although it may last for a few days in about 2% of people.

During your anaesthesia consult, the doctor will advise you on options suitable for you and your procedure.

d) Local Anaesthesia with Monitored Anaesthesia Care

Local anaesthetic are given to numb the area for surgery while the anaesthesia doctor monitors your vital functions such as heart rate, heart rhythm, blood pressure and breathing to ensure that you are safe and comfortable during surgery. You might also be given sedatives to help you to remain calm during the surgery.



What are the risks of Anaesthesia?

The practice of anaesthesia is very safe; however the risk of complications with any anaesthesia remains depending on pre-existing conditions and surgery involved. Death or permanent disability related to anaesthesia is extremely rare.

Risks associated with all forms of Anaesthesia

Common Risks	Rare Risks
<ul style="list-style-type: none">• Pain or bruising at the site of injections or drips• Shivering• Dizziness• Post-operative nausea and vomiting• Temporary headache	<ul style="list-style-type: none">• Breathing difficulties• Heart attack• Chest infection• Allergy to drugs• Stroke• Death

Additional risks associated with General Anaesthesia

Common Risks	Rare Risks
<ul style="list-style-type: none">• Sore throat• Damage to teeth or dental work• Damage to lips or tongue• Facial abrasions• Body aches• Eyelid abrasions	<ul style="list-style-type: none">• Inherited muscle sensitivity to particular anaesthetic drugs (malignant hyperthermia)• Awareness of activity in the operating room during anaesthesia

Additional Risks associated with Regional Anaesthesia

Common Risks	Rare Risks
<ul style="list-style-type: none">• Headache• Bleeding• Inadequate pain relief• Prolonged nerve blockade• Low blood pressure	<ul style="list-style-type: none">• Infection• Seizures• Allergic reactions• Damage to nerves, spine, skin, muscles or other internal structures.

SGH is an Academic Medical Centre. Junior doctors and students in medical, nursing and allied health disciplines may participate in your care under the supervision of the doctor-in-charge. We also conduct scientific studies to advance medical science, seek cures and improvement in treatment. If you decide to participate in studies related to your illness, we will obtain your written consent. You can still opt out of the study at any point and your decision will not compromise the level of care you receive.

Legend

-  Taxi stand
-  Campus Shuttle Service
-  Visitor Registration Counter (VRC)
-  Wheelchair Shuttle Service



Pre-Surgery Hotline
6576 1248