

Information to Patients Following a General Anaesthetic as a Day Case



A Guide for Spinal Cord Injured Patients

Doc: Information to Patients Following a General Anaesthetic,
Version 01

The NSIC Patient Information Leaflet Group
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- You have been advised that you will need to have an operation or procedure as a day case in Spinal Outpatients. You may need a general anaesthetic in order to have this operation or procedure and will be discharged from Spinal Outpatients on the same day.
- This leaflet is designed to help and reassure you following the anaesthetic. Prior to the operation or procedure being carried out you will see the anaesthetist and have the opportunity to discuss anything to do with the anaesthetic that concerns you.
- The anaesthetic remains in your system for 24 hours.

The following instructions are for you to be safe and well at home while the anaesthetic remains in your system:

- Ensure that you have someone accompanying you to the hospital and staying with you for the first 24 hours.
- You are advised **NOT** to drink alcohol, drive or operate machinery for 24 hours.
- You may drink and eat a light diet if you feel like it and do not feel nauseated.

Most Commonly Asked Questions

Q. What do I need to think about and do before the anaesthetic?

A. Do not make plans for a busy day the day following the operation or procedure.

Do identify someone to drive you home and stay with you over night.

You will be asked to stop eating and drinking, from either midnight prior to the procedure day or after a light breakfast on the day of the procedure. This will depend on what time of day your operation or procedure is being carried out. You are asked to do this so that you have an empty stomach during the anaesthetic and, therefore, will not be sick during the anaesthetic.

Q. How will I feel after an anaesthetic?

A. Some people feel fine after an anaesthetic. Some people feel tired and sleep more than usual for the rest of that day. Some people feel nauseated (sick) and do not really feel like eating until the next day. Some people feel light headed. These are all normal following anaesthetic.

- If you have any concerns or worries do not hesitate to contact:

St Patrick Ward on 01296 315812

or

Spinal Outpatient Services on 01296 315829