

## INFORMATION FOR PATIENTS

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# Anaesthetic Preoperative Clinic

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### **Why I have been asked to go to the Anaesthetic Preoperative Clinic?**

The surgeon has advised a surgical treatment option for you. Those patients who have had major surgery discussed are asked to come to discuss their perioperative care with a consultant anaesthetist. Even for major surgery you will probably not be admitted until the day of surgery. We would like you to have enough time to talk about your anaesthetic and to think about the options if you want to.

### **What will happen during my appointment with the anaesthetist?**

The anaesthetic doctor will go through your medical history; the focus will be on fitness for surgery. Additional simple tests may be performed on the day as indicated.

A risk assessment will be performed with you looking at your individual risk of having complications following surgery, which could affect your long term health and include death despite high quality care. The risk assessment uses a nationally recommended validated tool. This information will be discussed with yourself with opportunity to ask questions.

There may be areas of your health which are identified that can be improved prior to surgery. By optimising your health before surgery we can reduce the risk of surgery for you. This may mean referral to other specialists within the hospital such as cardiologists (heart doctors) or discussion with your GP. We may also request further tests to assess your health, particularly heart and lung function.

We will discuss with you the anaesthetic options and the risks and benefits of those options; this will include postoperative pain relief and your postoperative care.

Finally we will discuss ways in which you can prepare for surgery and simple things which will reduce your risks of surgery.

### **Will the anaesthetist I see in clinic look after me on the day of surgery?**

No. The anaesthetists in clinic have an interest in perioperative anaesthesia and preparing you for surgery but may not be your actual anaesthetist on the day. They will however, communicate all the information from you to the team looking after you including the surgeon and anaesthetist on the day. If you have significant health problems and surgery is very high risk the anaesthetist who will look after you may also want to see you prior to surgery.

## Do I need to bring anything?

We will have all your information from the preoperative assessment nurses. As we will be discussing lots of information and risk you may want to bring a family member with you to the appointment. We may ask you to walk a short distance as part of the appointment so please wear comfortable clothes and shoes.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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