

Dear Patient,

An appointment has been scheduled for your surgery. Please note that the scheduled time does not indicate the start of your surgery but rather the time you should arrive at our day clinic. Despite careful planning, delays may occasionally occur in the medical field – we appreciate your understanding.

The following information is intended to answer any questions in advance and facilitate the process on your surgery day. If you have more detailed questions about your surgery, please schedule a separate pre-op consultation to minimize wait times for other patients on the day of surgery.

Pre-op Preparation

We ask that you complete the pre-op preparation with your primary care physician, specialist, or gynecologist and bring the results with you:

- For patients 50 and older or with pre-existing conditions (cardiovascular disease, diabetes, anemia, major surgery): basic blood panel, coagulation test, electrolytes, and ECG.
- For miscarriage or ectopic pregnancy cases: blood type and Rh factor (Please bring your maternity pass or blood type card to avoid an additional injection.)

What to Bring on Surgery Day

- Your insurance card and referral form
- Pre-op consultation documents (if applicable), especially the informed consent form
- Mobile phone with headphones (if you would like to listen to music in the recovery room)
- Bathrobe and slippers (for inpatient surgery)

Please Avoid on Surgery Day

Makeup, nail polish, jewelry, piercings, and valuables

Eating and Drinking

You may have a light meal up to six hours before anesthesia. After that, please refrain from solid food, gum, candies, and smoking. 2 p to two hours before anesthesia, you may drink 1–2 glasses of clear, fat-free liquids (e.g., still water or tea). If you take regular medication, please contact us in advance.

Discharge

For outpatient procedures, you may only leave the day clinic in the company of an adult (escort or taxi). For safety reasons, an adult should stay nearby for the first 24 hours following the surgery.

Surgery Day Procedure

Reception

Please check in at the reception with your insurance card, referral form, and any test results. You will receive an informed consent form and an anesthesia questionnaire to complete in the waiting room. If you already have surgery documents from your gynecologist or a pre-op consultation, please hand them in at the reception.

Consultations

Following check-in, you will meet with your gynecologist and anesthesiologist. If you have already had a pre-op consultation, only any remaining questions will be addressed.

Pre-op Preparation

- **Outpatient Surgery:** After consultations, a staff member will escort you to the changing room, where you will receive a locker for your belongings and a surgical gown. In the operating room, you will only wear socks and the surgical gown; your clothing and valuables will be safely stored in the locker. You will then be directed to the recovery room.
- **Inpatient Surgery:** After check-in, a nurse will show you to your room, explain the station procedures, and provide a surgical gown. Just before surgery, the nurse will escort you to the recovery room, where the anesthesia nurse will place an IV for fluids and a possible sedative.

Surgery

The anesthesiologist will administer anesthesia through the IV in the recovery room, and the surgery will then proceed.

After Surgery

You will wake up in the recovery room, where a dedicated nurse will always be nearby. After a suitable recovery period, you will be offered tea and crackers.

- **Outpatient Surgery:** You can contact your escort from the recovery room at any time. Depending on the length of the surgery, you will remain in the recovery room for about 1–2 hours. Once you are stable, you may leave the clinic with an escort. Please arrange a pick-up by car or ask us to call a taxi for you.
- **Inpatient Surgery:** After about an hour, a nurse will escort you back to your room.

For any questions, please feel free to contact us:

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