

Anaesthetic Pre Assessment

The purpose of Pre Assessment is to establish your fitness for anaesthesia and surgery.

Once you are on the waiting list for surgery it is advisable for you to see your GP prior to your pre assessment visit to ensure you are fit for your procedure.

If you have a long-standing medical problem such as diabetes, asthma, thyroid problems, epilepsy or high blood pressure (hypertension) or suspect you have a urine infection it is advisable that you see your GP for a check up.

Any abnormal investigation or medical problem can result in cancellation until resolved or stabilised so it is important that you organise a check up with your GP.

To aid planning of treatment you will be asked to complete a Pre-Surgery Screening questionnaire prior to your pre assessment visit.

It is important that when you attend your pre assessment appointment you bring all your medication, herbal remedies and/or supplements with you, both prescribed and over the counter drugs (in their original containers).

Health Advice

If you smoke, the longer you give up before your surgery, the better thus reducing the risk of breathing problems and wound healing complications.

If you are overweight, reducing your weight will lessen many risks associated with having an anaesthetic. Eating a healthy diet and taking regular exercise can help.

Drinking alcohol can increase the risk of long-term damage to your health. Reduction or cessation of alcohol consumption prior to surgery can reduce the risk of pre and post operative complications occurring

If you have loose teeth or crowns, treatment from your dentist may reduce the risk of damage to your teeth if the anaesthetist needs to put a tube in your throat to help you breathe.

Your Appointment

During your visit you will be asked to give information about your:

- General details
- Presenting illness/problems
- Past medical history
- Past and current social history
- Family history
- Medication
- Allergies
- Any other relevant information pertaining to your health and well-being

Clinical Investigations

During your visit your observations will be checked:

- Blood pressure
- Pulse
- Oxygen saturation levels (SATS)
- Weight
- Height
- Body mass index (BMI)
- Urinalysis (if applicable)
- Blood sugar (if applicable)

Tests and investigations

The following investigations may be ordered

- Blood test
- Peak flow or spirometry tests (non invasive lung function tests)
- ECG (non invasive heart test)
- Smokerlyser tests (if applicable)
- Ultrasound scanning (if applicable)
- X-ray (if necessary)

Recommended Advice

Prior to surgery remove: make up; nail polish; acrylic nails; false eye lashes; body studs; tongue piercings

Do not wear or bring in jewellery

Do not bring in large sums of money. Credit cards, cheque book, pension book, or any other valuable items in with you

If you have any concerns about your pre assessment or admission date please contact the extension numbers shown on the admission letter that will be sent to you through the post.

Essentials for Admission to Hospital

- Night attire/dressing gown
- Toothpaste/brush
- Slippers
- Brush/Comb
- Towels
- Antimicrobial body wash (supplied to you in outpatients)
- Discharge booklet handed to you in pre assessment