Please read the following and fill in the questionnaire, which is found on the other side of this brochure.

Two weeks prior to the procedure please telephone an anaesthesiologist to arrange for an anaesthesia consultation. Contact our specialist from Monday to Friday, between 8.00-16.00 – dr Beata Wites, phone no. +48603 056 857.

Before the procedure, the Patient is asked to:
1. Restrain from eating for at least six hours prior to the procedure and from drinking for at least two hours prior to the procedure.
2. Remove all make-up and any nail polish.
3. Report to the Klinika Nieborowice in accordance with the information obtained from the Admissions.

On the day of the procedure, the Patient is asked to provide to the Klinika Nieborowice:
1. laboratory test results (done no earlier than 5-7 days before the surgery):
   - blood type, morphology, blood clotting time, PT/INR,
   - ECG
   - certificate from GP about the state of health
2. laboratory test results for joint replacement (done no earlier than 5-7 days before the surgery):
   - blood type, morphology, blood clotting time, PT/INR,
   - creatinine, electrolytes, glucose
   - ECG
   - certificate from the Dentist about the lack of an active infection in the mouth
   - certificate from GP about the state of health
3. discharge documents from previous hospitalizations
4. results of diagnostic tests
5. necessary everyday items (toiletries, pyjamas, footwear)
6. documents certifying a valid vaccination against infectious hepatitis.
7. Drugs currently used in original packaging - fill in the attached document

Other important Patient information

1. In case of cancellation of the procedure or opting to change its date, the Patient should immediately notify the Nieborowice Clinic at: 32 213 42 04, 32 213 42 50, 32 213 42 00.
2. Due to the medical procedures, I was informed about the prohibition of driving vehicles for 24 hours from the time of discharge from the Nieborowice Clinic.
Please carefully fill in the form below.
The data contained therein will help your doctor choose the best method of anaesthesia or - if necessary – to implement adequate preparation for both you and the procedure. If you have any doubt when answering the questions in this form, the anaesthesiologist will explain them to you during your preoperative visit.

Important: (*) - please fill in the day of the procedure
- mark the correct answer with the circle YES or NO and fill in.

Name and surname

Date of birth:  height: (cm)  weight: (kg)

1. Do you cough?  YES  NO  22. Please give a history of diagnosed diseases:
2. Do you cough with mucous or purulent secretion?  YES  NO  a. high blood pressure, for .......... years  YES  NO
3. Do you have a cold?  YES  NO  b. coronary artery disease, for .......... years  YES  NO
4. Does your throat hurt?  YES  NO  c. myocardial infarction, for .......... years  YES  NO
5. Are you suffering from dyspnoea (shortness of breath)?  YES  NO  d. other diseases of the heart:  YES  NO
6. Are you suffering from pains in the heart?  YES  NO  e. tuberculosis, for .......... years  YES  NO
7. Are you suffering from a feeling of irregular heartbeat?  YES  NO  f. chronic bronchitis, for .......... years  YES  NO
8. Do your legs swell?  YES  NO  g. other diseases of the lungs, pleura and bronchi  YES  NO
9. Are you suffering from syncope or fainting?  YES  NO  If so, what are they:
10. Are you suffering from blood clotting disorders - such as prolonged bleeding after injuries or after tooth removal?  YES  NO  h. jaundice - which and when:  YES  NO
11. Are you currently taking any medications?  YES  NO  i. other diseases of the liver - which and when:  YES  NO
  If so, what are they:
  j. kidney diseases - which and when:  YES  NO
12. Have you, within the last month, been taking any medications?  YES  NO  k. thyroid diseases - which and when:  YES  NO
  If so, what are they:
  l. diseases of the nervous system, brain  YES  NO
13. Were you treated in a hospital?  YES  NO  l. Have you ever had seizures?  YES  NO
  If so, why and when:
  m. mental disorders - which and when:  YES  NO
14. Have you had any surgery?  YES  NO  n. poriria  YES  NO
  If so, why and when:
  o. glaucoma, for .......... years  YES  NO
15. Were there any complications associated with anaesthesia or sedation?  YES  NO  p. myasthenia gravis, for .......... years  YES  NO
  If so, what were they:
  r. other muscle disorders - which and when:  YES  NO
16. Are you allergic to medicines, foods?  YES  NO  s. Diabetes, for .......... years  YES  NO
  If so, what are they:
  t. AIDS, for .......... years  YES  NO
17. Do you smoke tobacco?  YES  NO  u. serious injuries - which and when:  YES  NO
18. Do you wear a denture?  YES  NO  w. other illnesses that were life-threatening - which and when:  YES  NO
19. Please indicate the date of the last menstrual period: ..........................  23. Are you having frequent, persistent migraine headaches?  YES  NO
20. Are you pregnant?  YES  NO  Date:
21. Are you suffering from pain in the spine?  YES  NO

Patient’s signature / Guardian’s signature:
Surgeries and other medical procedures associated with significant pain or unpleasant sensations can be performed under general anaesthesia or local anaesthesia. They are both performed by an anaesthesiologist. The doctor is responsible for the proper preparation of the Patient for any procedures, as well as for conducting the anaesthesia proper. Before anaesthesia it is required to explain everything to the Patient, gather their medical history and knowledge about the current state of the Patient. During the anaesthesia, the anaesthesiologist takes care of the proper functioning of the Patient’s vital systems: the circulatory and the respiratory.

### General anaesthesia

General anaesthesia, commonly known as sedation, causes the anesthetized Patient to sleep, with all their pain “turned off” together with its possible side effects, like reflexes and twitching. If the treatment is short - a few, or several minutes, general anaesthesia is usually achieved by intravenous administration of drugs. For longer treatments, and sometimes even for the short ones as well, endotracheal intubation is required. This requires a special tube inserted into the trachea to secure the Patient’s airway, in order to enable mechanical ventilation and anaesthetic gas delivery, together with oxygen. Before the insertion of the endotracheal tube, the Patient is given intravenous medications that cause sleep, and muscle relaxants for pain-free implementation of that action. During the procedure, the Patient is ventilated with oxygen, and is given anaesthetics and analgesic drugs in order to create the perfect conditions for carrying out the procedure.

### Local anaesthesia

Local anaesthesia stops from feeling pain in various regions of the body by injection of local anaesthetic around the pain-conducting nerve areas of the body, where the procedure is performed. Local anaesthesia is the most common means of anaesthesia, as it puts less strain on the body. There are many types of local anaesthesia. The most frequently performed ones include: spinal anaesthesia, epidural anaesthesia, brachial plexus block, blockage of specific nerves. Spinal and epidural anaesthesia are used for procedures performed on the lower extremities, within the perineum and lower abdomen. This anaesthesia relies on the administration of a local anaesthetic around the spinal column. Pain associated with anaesthesia accompanying each puncture is small, because the needles used for this purpose are usually very thin. If need be for a thicker anaesthesia needle, the puncture site is also locally anesthetized.

### Brachial plexus block

Brachial plexus block is performed when treating upper limbs. Depending on which part of the upper limb is operated, the block is made using the different access points. This means that the needle injection and local anaesthesia may affect the neck, armpit or area around the elbow. At the same time, the same needle is assumed with thin plastic catheter, which is used for administration of anaesthetics during surgery, or to prolong the anaesthesia. After the procedure, the catheter is used to administer painkillers to relieve postoperative pain.

### Choose how anaesthesia

Each of the methods of anaesthesia has its advantages and disadvantages. Your anaesthesiologists will offer you / and the anaesthesia that is least burdensome to the body and is best suited for the planned surgery.

### Risks

Complications related to anaesthesia in patients with a healthy circulatory and respiratory are extremely rare. However, as any medical procedure, even anaesthesia involves a certain risk. Possible, but very rare complications of general anaesthesia include: gastric aspiration followed by aspiration pneumonia (because the patient must be fasting ), swelling of the larynx, or respiratory disability in the period immediately after the anaesthesia. Each type of anaesthesia also includes the risk of a possible cardiovascular dysfunction, therefore, before any anaesthesia, it is necessary to insert a vein catheter so that the doctor will be able to provide the necessary medication.

### Before the procedure and anaesthesia

It is necessary to observe the following guidelines:

1. In order to avoid the risk of aspiration of the gastric contents, the Patient must not eat or drink for at least six hours before surgery.
2. Please refrain from smoking as early as possible.
3. The Patient must arrive at the Clinic at the appointed hour, with a responsible adult who will provide care to the Patient when they return home.
4. After the procedure, the Patient should be driven home.
5. On the day of the procedure, the Patient cannot drive, operate mechanical/electrical equipment, or make important life decisions.
6. If you have any alarming symptoms, immediately call the given number.

Adherence to these guidelines is necessary to ensure the Patient’s safety during anaesthesia and the procedure.

Date:

Patient’s signature / Guardian’s signature:
I hereby declare that doctor conducted a conversation with me, explaining the issues of anaesthesia for my procedure. During the conversation I asked about all the issues of interest, the kind of anaesthesia, the related risks and other factors before and after the procedure. I have no further questions. I understand what the anaesthesia, which I will be subjected to, is. I also declare that I have read all of the text contained in this questionnaire and understand the content contained therein.

I agree to undergo the following – mark the appropriate with the circle “○”

- YES sedation
- YES intratracheal anaesthesia
- YES intravenous anaesthesia
- YES spinal anaesthesia
- YES epidural anaesthesia
- YES brachial plexus block
- YES segmental anaesthesia
- YES intravenous peripheral nerve block

I also consent to all accompanying procedures connected with the anaesthesia (infusions, transfusions, treatment of cardio-respiratory system, blood samples for testing), during and after the procedure.
I agree to any medically justified changes and modifications of the anaesthetic procedure - including changing the type of anaesthesia.

I hereby consent to the processing of my vital and personal data by Klinika Nieborowice Sp. z o.o., ul. Kasztanowa 5, 44-144 Nieborowice in accordance with the Act of August 29, 1997, on the Protection of Personal Information (JoL of 2002, no. 101, item 926, with later changes) for the purpose of medical treatment, and prevention. I have been informed of my rights, among others, to access and update my data.

Consent for anaesthesia
Signed during the anaesthesiologist consult

Date:
Patient’s signature / Guardian’s signature:

Date:
Patient’s signature / Guardian’s signature: