

# PATIENT PREPARATION INSTRUCTIONS

You were examined at the *Rožna Dolina Surgical Sanatorium*. After consulting your specialised surgeon, you have decided to have a surgery at our hospital.

Since our highest aim is to ensure a successful treatment for every patient, we have provided general instructions on patient preparation for you to read below. Please read them thoroughly and try to follow them as closely as possible.

## **Before being admitted to the hospital, please consider the following:**

**RESULTS:** Please bring the results of all relevant diagnostic examinations (ultrasound, X-ray, MRI, etc.) and requested laboratory tests (blood and urine tests, etc.).

**MEDICATION:** Keep taking your regular medication as prescribed. On the day of the surgery, do not take your medication unless agreed upon otherwise with your surgeon or anaesthesiologist. Bring your medication and the instructions on taking them (a list of current medications).

If you have diabetes, do not take your medication on the day of the surgery unless agreed upon otherwise with the surgeon or anaesthesiologist.

Patients on hormonal medication should stop the medication at least 4 weeks before the scheduled surgery, unless agreed otherwise with the doctor.

**ANTICOAGULANTS:** Stop medications such as Warfarin, Coumadin, Jantoven, Marivarin, Marevan, Lawarin, Sintrom, Waran, Warfant, etc.

Be sure to follow your doctor's orders or discuss taking the medicine with your surgeon or anaesthesiologist. 5–7 days before the surgery, skip anticoagulants (Plavix, Tagren, etc.) and medications containing acetylsalicylic acid (Aspirin, Andol, Asasantin, Apeca, etc.), because they may interfere with blood coagulation. A week before the surgery, reduce or stop eating garlic, because it can affect blood coagulation as well.

**UNHEALTHY HABITS:** Do not drink alcohol or smoke for a few days before the procedure.

**FOOD:** If you have received no special instructions regarding your diet, eat light foods only (broth, milk-based meals, cooked vegetables or fruit, etc.) the day before the surgery.

**PERSONAL ITEMS:** Bring your toiletries. If you wish, you can also bring your pyjamas, morning gown and slippers.

**PERSONAL HYGIENE:** For the procedure your skin must be very clean. To achieve this, please follow the instructions below:

Wash your skin, navel, hair and scalp thoroughly. Also take care of your nails: they should be clean, short and without nail polish.

If your hand or foot will be operated on, remove all visible dirt from the skin and nails.

This is achieved by soaking the hand or foot in warm water and gently brushing the nails and skin. Repeat this procedure every day for three days before coming to the hospital. Apply lotion two times a day to reduce a subsequent injury to the epidermis.

Before the surgery, take off all jewellery, piercings, etc. Just before going to the operating room, you will need to remove your dentures, hearing aid and the like.

**ON THE DAY OF THE SURGERY:** Be on an empty stomach: do not eat or drink anything for at least 6 hours before the surgery.

**VISITING:** While hospitalised, you can receive visitors between 10 a.m. and 7 p.m., but only for a short time.

**CHECKING OUT:** Please arrange to have someone drive you home.

If you have any questions or concerns, please contact us at +386 1 477 94 54.  
We appreciate your understanding.