

**Praxisgemeinschaft Anästhesiologie  
Klinik Pyramide KIG**

**Please sign this before  
you return it!**

**Information on anaesthesia  
Questions relating to you and your health  
What to do before and after the operation**

1. Please carefully read the information on the anaesthesia methods used and the possible risks. Make sure you follow our recommendations.
2. Please answer the questions about you and your health accurately, even if you have already been treated at our clinic.
3. Please return the questionnaire to us in the enclosed envelope.

**Praxisgemeinschaft Anästhesiologie Klinik Pyramide KIG**  
Klinik Pyramide am See, Bellerivestrasse 34, CH-8034 Zurich  
narkose@pyramide.ch, pyramide.ch

**Information/Anaesthesia Consultation + 41 44 388 16 22**

# DISCLOSURE OF INFORMATION AND CONSENT FOR ANAESTHESIA

Dear patient,

You will be undergoing surgery in the near future at the Pyramid Clinic and have personally received information and explanations from your surgeon regarding the planned surgery, the risks of the operation and possible complications. A suitable method of anaesthesia is required so that the surgery can be performed.

This information sheet is intended to give you the opportunity to inform yourself about the methods of anaesthesia envisaged for your surgery and the accompanying risks.

You also have the possibility to discuss the most suitable option for you during a prior consultation, either by telephone or in person (see next page).

## Sedation

Sedation involves administering a sedative via IV. The patient continues to breathe for themselves and remains conscious.

## General anaesthesia

During general anaesthesia, various medication is used to put the patient into a state of unconsciousness and freedom from pain. Artificial respiration is required and breathing aids such as face masks, laryngeal masks and endotracheal tubes are used; the patient does not feel anything in this regard. For safety reasons, it is important that the patient does not eat or drink before the operation.

Potential undesired effects of general anaesthetic include temporary hoarseness, difficulty swallowing, nausea or shivering. These effects do not usually last long and can be treated. Very rarely, damage to previously damaged teeth or to the vocal chords may occur.

## Spinal anaesthetics

A local anaesthetic (a drug used to numb a small area of the body) is injected into the fluid that surrounds the spinal nerves. The affected area will be numb and you will not be able to move your legs for 2 to 6 hours.

Potential undesired effects include headaches, hypotension, back pain or difficulty urinating. Serious complications such as nerve damage are extremely rare.

## Peripheral nerve blocks

These are blocks of individual or multiple nerves with a local anaesthetic:

- Shoulder operations: scalene block in the neck
- Arm or hand operations: supraclavicular block above the clavicle or axillary plexus block in the armpit
- Leg or foot operations: femoral, adductor or sciatic block in the thigh

A thin catheter is sometimes put in place so that an analgesic block can continue to be administered for a number of hours or days after the operation.

This technique is often combined with general anaesthesia.

Possible complications of nerve blocks include allergic reactions, haematoma, vascular irritations or, in rare cases, temporary loss of sensation. In extremely rare cases, spasms or longer lasting paralysis and impairments in sensation may occur.

## Organisational procedure

You as a patient have a right to be informed about the anaesthetic procedures used for your surgery and their risks.

For major surgery or if special anaesthesia methods will be used (e.g. nerve blocks or spinal anaesthesia), a prior consultation is necessary (either by telephone or at the clinic).

For minor operations and surgery with a low risk associated with a general anaesthetic, you may waive the prior consultation. The anaesthetist who will take care of you during the operation will discuss the anaesthesia with you and answer your questions when you are admitted to the clinic.

You can also waive the prior consultation if you have already had anaesthesia and are familiar with the risks of the anaesthesia for your upcoming surgery.

We will contact you if we believe that a prior consultation is necessary.

### **Please record your wishes regarding the anaesthesia consultation here:**

- I agree that the anaesthesia consultation with the anaesthetist who will take care of me during my surgery will not take place until the day of the operation and I waive the option for a prior consultation.**
- I have already been sufficiently informed about the anaesthesia for my upcoming surgery and therefore waive the option for a prior consultation.**
- I would like a prior consultation by telephone and will arrange an appointment (see below).**
- I would like a prior consultation at the Pyramid Clinic and will arrange an appointment (see below).**

Location, date:

Patient signature:

You can make an appointment online directly on the Pyramid Clinic website ([pyramide.ch](http://pyramide.ch)). To arrange an appointment by telephone, or if you have any questions, please contact the anaesthesia secretary's office (+41 44 388 16 22).

**Please complete this questionnaire and return it to us in the enclosed envelope.**

# QUESTIONS RELATING TO YOU AND YOUR HEALTH

## General information

Surname:	First name:	
Date of birth:	Weight (kg):	Height (cm):

Planned surgery	Date	Surgeon

Previous surgery and anaesthetics:	Year:

Have you or your blood relatives ever had difficulties with anaesthetics?

No  If yes, please specify:

Have you been treated by a physician within the last three months?

No  If yes, why?

Do you currently feel healthy?

Yes  If not, why not?

For female patients: could you possibly be pregnant?

Yes  No  Don't know

Have you had a blood test for infectious diseases (HIV or hepatitis)?

No  If yes, please state the result:

Are you vaccinated against Covid-19?

No  If yes, when was your most recent injection?

Special requests or comments:

## Medication

Medication that you take regularly and/or have taken within the last 10 days (including sleeping tablets, painkillers, flu medication, hormone patches, aspirin, etc.):

## Stimulants

Do you smoke?  No  Yes  packs per day  for  years

Alcohol consumption:  No  Rarely  Regularly

Drug use:  No  If yes, which substances do you use?

## General state of health

Allergies or intolerances:  No  to medication:  
 Other:

Blood:  Normal  Bruises  Frequent nosebleeds  Clotting problems  
 Thromboses  Pulmonary embolism

Heart:  Normal  Angina  Heart attack  Difficulty climbing stairs  
 Arrhythmia  Heart operation  Pacemaker

Cardiovascular system:  Normal  High blood pressure  Low blood pressure

Lungs:  Normal  Coughing  Bronchitis/Asthma  Apnoea

Liver:  Normal  Hepatitis  Cirrhosis of the liver

Kidneys:  Normal  Kidney stones  Insufficiency

Digestion:  Normal  Heartburn  Stomach ulcer

Metabolism:  Normal  Diabetes  Thyroid condition

Neurological:  Normal  Epilepsy  Parkinson's  Stroke/brain haemorrhage

Psychological:  Normal  Sleep disorders  Depression  Anxiety/Panic attacks

Musculoskeletal system:  Normal  Back problems

Other illnesses or conditions not listed above:

## WHAT TO DO BEFORE AND AFTER THE OPERATION

- Drinking:** In principle, drinking **clear liquids** (mineral water, tea, etc.) is permitted up to **two hours before admission to the clinic**.
- Eating:** For safety reasons, a small, light, low-fat meal is permitted **no later than six hours before admission to the clinic**. If you are admitted on the evening before your surgery, you will be informed during the anaesthesiologist's visit of the rules for eating and drinking that apply in your case.
- Medication:** You should continue to take all medication that you take regularly, up to and including the morning dose on the day you are admitted to the clinic (with a little water). Please bring your personal medication with you to the clinic.  
If you are taking aspirin or other anticoagulant or blood-thinning medication, please ask your surgeon if you will need to stop taking this prior to surgery or temporarily replace it with other medication. Follow these instructions strictly, otherwise local operations and regional anaesthesia cannot be performed.
- Smoking:** In your own best interest, you should not smoke the night before your surgery or on the day of the operation.
- Alcohol:** Alcohol consumption must be reduced to the absolute minimum on the day before your surgery. During the night before your surgery and on the day of the operation itself, do not drink any alcohol.
- Illness:** Please inform us as early as possible if you have a cough, cold or temperature.
- Jewellery:** Please do not wear any jewellery or make-up (and no body lotions or creams). Piercings should be removed if possible.
- Visual aids:** If you usually use contact lenses, please wear glasses instead on the day of surgery.
- Cosmetics:** Nail polish on the nails of hands or feet that will be operated on must be removed.
- Discharge:** If you are being discharged on the day of the operation, you may not drive a motor vehicle. Have someone pick you up. In the first 24 hours after the anaesthetic, do not sign any documents and do not make any important decisions.
- At home:** Are you having problems with breathing, bleeding, fever or pain after your discharge? Or are you suffering from nausea and vomiting? If so, please inform your surgeon or the physician on duty immediately.
- Any questions:** If you have questions or need clarification, please call us.

First name:

Surname:

Date:

Location:

Signature:

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