

# Preoperative Anaesthesia Clinic

A Guide for Patients/Families



آغا خان یونیورسٹی ہسپتال، کراچی

**The Aga Khan University Hospital, Karachi**  
P.O. Box 3500, Stadium Road, Karachi-74800, Pakistan.  
Website: [www.aku.edu](http://www.aku.edu)





## **What is the Purpose of Preoperative Anaesthesia?**

To check patient's medical fitness for giving general anaesthesia before surgery. The anaesthetist at the clinic also provides counselling to patients who are apprehensive of undergoing anaesthesia.

## **Steps of Preoperative Anaesthesia Assessment**

Preoperative anaesthesia assessment includes the following steps:

1. Registration at the Clinic Counter at Consulting Clinic six.
2. Assessment by nurse and interview alongwith physical examination by an anaesthesiologist.
3. Prescriptions for laboratory and other investigations, if required.
4. Possible consultations from other specialties, if required.
5. Final advice and instructions.

## **Registration at the Clinic**

Preoperative anaesthesia clinic is located in CC 6 and is a walking clinic.

## **Assessment by Nurse**

A nurse will initially measure and note patient's weight, height and vital signs including blood pressure, heart rate, respiratory rate and temperature.

## **Evaluation by Anaesthetist**

An anaesthetist will review information noted by a nurse in the patient's medical file. After that he/she will take a detailed history of patient's medical condition, for which several questions may be asked, e.g. "Do you have chest pain? Do you get shortness of breath on exertion? Do you have any known allergies? What diseases, if any, you have and which medicines are you taking?" etc.

After the interview, the anaesthetist will do a physical examination and based on his evaluation, you will receive further guidance.



### **Which Laboratory Tests will be Required?**

All patients undergoing general anaesthesia are required to have their blood haemoglobin levels checked. In some cases, anaesthesiologist may decide to recommend additional tests for further evaluating the health status of the patient, particularly in aged patients and in those who have some disease. Some common tests that may be required are chest X-ray, Serum electrolytes and electrocardiogram (ECG). In case the test results are positive, the anaesthetist will provide guidance and may advise additional investigations or consultations from other specialties.

### **Which Additional Consultation or Tests may be required?**

In some cases, a patient may be referred to another specialty clinic for further investigation or treatment of a particular disease. For example, patients with cardiac disease may be referred to a cardiologist to evaluate severity and treatment of the disease if required.

### **What are the Final Instructions?**

After proper evaluation and necessary investigations, the patient will be advised on the date, time and location where he/she will have to arrive at the hospital for the planned surgery. Briefing will be provided on discontinuation of food and water about 12 hours before the time of surgery and any other instructions that may need to be given.


### **What Measures are Taken to Minimize Postoperative Pain?**

Some degree of pain is associated with almost every surgery. An anaesthetist will discuss with the patient the methods available and suitable to lessen postoperative pain. Effective control of postoperative pain is now available through several techniques including PCA (patient controlled analgesia) and Epidural Analgesia, both of which are proven and safe methods to provide effective pain relief and help in quick recovery after surgery.

### **Important Preoperative Instructions for Surgical Patients**

Following instructions are important for patients coming for surgery. Compliance is essential otherwise your surgery may be postponed.

1. Fasting for at least 6-8 hours before surgery.

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2. Diabetic patients should ask the doctor about taking insulin or tablet on the day of surgery.
  3. Tablets for controlling blood pressure can be taken even during fasting with one or two sips of water.
  4. In case you are suffering from cold, flu, fever or if the condition of some disease is aggravated, please consult your anaesthetist so that if needed, your condition is treated and surgery rescheduled. In that case, also refer to your surgeon.
  5. If it is difficult for you to have surgery on a particular date, please notify your surgeon and anaesthetist.

**For any other information, please contact your surgeon or anaesthesia clinic.**

<p><b>Visit the Anaesthetics at Clinic 5</b> (Monday to Friday 9:00 am 5:00 pm) Aga Khan University Hospital Karachi Telephone : 493-0051 / 486-2250 (Direct)</p>	<p><b>In Case of Emergency</b> Contact Emergency Department 24 Hours Aga Khan University Hospital Karachi Telephone : 493-0051 Ext: 1090, 1091</p>
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