
Anaesthesia Information:

During surgery your anaesthetist remains with you at all times to monitor and care for you until the surgery is completed and you are in recovery. An anaesthetist is a specialist doctor who completed their general medical training and then did further post graduate training in the field of anaesthesia. The average time taken (once a doctor has completed medical school) to become an anaesthetist is 8-10 years.

Preparation for your anaesthetic and operation there are many things you can do to improve your recovery and reduce the risk of complications.

General fitness is beneficial. Regular daily exercise (when medically possible) e.g. 30 mins of walking is good for your heart, lungs and general health.

Smoking - There are large benefits in stopping smoking prior to your surgery. Six weeks is the optimum time. It is essential not to smoke for at least 24 hours prior to your surgery. By smoking close to your surgery, you significantly increase the risks of lung and throat complications, and poor wound healing.

Alcohol - It is also important to be moderate in your alcohol consumption.

If you have any of the following medical conditions, please ensure they are discussed with the anaesthetist prior to the operation:

- Heart disease of any type.
- Lung disease of any type
- Epilepsy.
- Diabetes – Type I or Type II with or without insulin.
- Kidney disease of any type.

If you have any other condition you feel may be relevant.

If you are nervous about your anaesthetic.

If you have any life threatening allergies.

If you are on multiple medications.

If you or your family have ever had a complication from an anaesthetic.

Regular medications prior to surgery: it is important to discuss this with your surgeon and anaesthetist.

There may be some medications such as aspirin, anti inflammatories and blood thinning medications that your surgeon may wish stopped.

All herbal medication and naturopathic remedies should be ceased two weeks prior to surgery. If you are on medication for diabetes you need to contact your anaesthetist for fasting and medication instructions. Please continue taking all other regular meds in particular any heart or blood pressure meds, puffers or inhalers and meds for reflux or heartburn, even on the day of your operation.

Fasting times will generally be given to you when the hospital contacts you to tell you when to arrive. The exceptions to what the hospital tells you are.

1. Diabetic patients need to contact your anaesthetist to confirm medication and fasting plans.
2. Breast milk (not formula) may also be given to babies up to 2 hours prior to your arrival at the hospital.
3. Children will need to arrive fasted and will often be allowed apple juice at set times.

If there is anything that is not covered in this information sheet that you are concerned about, please contact the hospital where you are having your operation or contact your private anaesthetist.



Medication to avoid prior to surgery

Certain medicines that you may be taking before your surgery may cause excessive bleeding during your operation. In turn the excessive bleeding could compromise the ultimate outcome of your operation. It is therefore important to avoid any of the medications listed below for at least 14 days before and after your operation.

If you are in doubt about whether it is safe to stop anyone of the medicines listed below, please contact your local doctor (or the specialist who prescribed the medication) as to whether it is safe to stop the medicine.

NON-PRESCRIPTION

Aspalgin
Aspirin
Aspro Clear
Diclofenac
Disprin
Ibuprofen
Nurofen
Nurofen Plus
Solprin

PRESCRIPTION

Apixaban- Eliquis
Celebrex
Clopidogrel- Iscover/ Plavix
Dabigatran- Pradaxa
Dipyridomole- Persantin/ Asasantin
Enoxaparin /Clexane
Mobic
Pentoxifylline- Trental
Ticagrelor- Brilinta
Ticlodipine- Ticlid
Voltaren
Warfarin- Coumadin/ Marevan
Rivaroxben- Xarelton

HERBAL AND NATURAL PRODUCTS

Fish Oil
Garlic supplements
Ginger supplements
Gingko Biloba
Ginseng
Norwest
St John's Wort
Vitamin E

GLIPTINS

Matformin
Sitagliptin
Vildagliptin
Saxagliptin
Linagliptin
Alogliptin
Dutogliptin
Gemigliptin
Onglyza
Januvia
Janumet
Galuus
Tradgenta

DIABETES MEDICATION:

Consider ceasing medication 1 to 3 days prior to surgery if you are having major surgery. For days cases there are no problems with continuing medication. Ask your anaesthetist or pre admission clinic for their instructions

****Always check the label: Other products may contain aspirin or salicylates****

