

## Information sheet for a patient scheduled for surgery

The purpose of this information sheet is to provide the patient with the necessary information related to the upcoming surgery.

Date and time of the surgery: \_\_\_\_\_

Please arrive at the reception of Aurora Clinic (Sepise 7, Alma Tominga building, 1st floor) one hour before the scheduled time.



At the reception desk, you will be registered and then directed to the waiting area or to your room.

If you are unable to arrive at the clinic at the agreed time (for example, due to illness), please inform us as soon as possible:

- +372 605 0610 (on working days 8:00–17:30)
- [kesk.registratuur@medicum.ee](mailto:kesk.registratuur@medicum.ee) or [karina.tint@medicum.ee](mailto:karina.tint@medicum.ee) (outside working hours)

During the week before the surgery and on the day of the surgery, the patient must not be acutely ill (e.g., runny nose, cough, fever).

### Regular Medications

- Please inform your doctor or nurse in advance about all the medications you are taking.
- Be sure to notify them if you are taking blood-thinning medications (such as Aspirin, Marevan, Eliquis, Xarelto, Pradaxa, Lixiana) or insulin, so that their use can be adjusted or discontinued in a timely manner before the surgery if necessary.
- Other regularly used medications should be taken on the morning of the surgery with a small amount of water.

Please bring with you:

- Identification document (passport, ID card, driver's license)
- Regularly used medications
- Personal hygiene items
- Slippers
- Necessary assistive devices (crutches, canes, glasses, hearing aids, etc.)

Before the Surgery

If your surgery is performed under general anesthesia:

- Do not eat for 6 hours before the surgery.
- Do not drink, chew gum, or smoke for 4 hours before the surgery.

If you have eaten or drunk before the surgery, the procedure will be postponed for your safety.

After the Surgery

- Following the day of surgery, you will be offered yogurt, a smoothie, and tea.
- Due to impaired reaction for up to 24 hours after anesthesia (even short-term), you must not drive a car or operate machinery.
- For a safe return home, please arrange an escort or organize transportation if necessary.