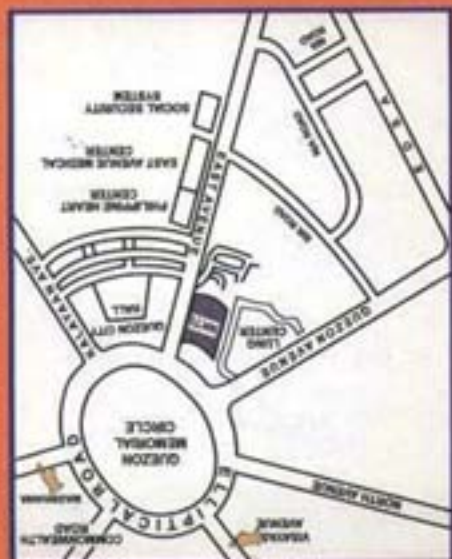


The entire staff of the National Kidney and Transplant
Institute wishes you a comfortable and a speedy recovery.
Your health is our primary concern.

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National Kidney and Transplant
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NATIONAL KIDNEY AND TRANSPLANT INSTITUTE

GOING
to SURGERY



Welcome to the National Kidney and Transplant Institute. Undergoing surgery need not be a stressful event or full of anxiety for the patient and the family. The surgical team of the Institute is concerned about making your stay in the hospital as comfortable as possible. By providing you with some pre-operative information, we hope to allay your fears and anxiety about surgery.

THE DAY BEFORE SURGERY

You will meet a member of the anesthesiology staff who will care for you on the day of your operation. (An **anesthesiologist** is a doctor of medicine specialized in administering anesthesia for surgery as well as providing the necessary pain control in the post-operative period.) The anesthesiologist will review your medical and anesthesia history and the results of any laboratory tests, and answer further questions you need to be clarified. Decisions regarding your anesthesia are tailored specifically for you. The type of anesthesia you receive depends on your general health and type of surgical procedure as well as your preference, when possible. Based on information your anesthesiologist has gathered from your records and pre-anesthesia visit, potential choices of your anesthetic will be discussed with you.

WHAT TYPES OF ANESTHESIA ARE AVAILABLE ?

These are four main types of anesthesia from which to choose:

General Anesthesia will put you to sleep.

Regional Anesthesia involves the injection of a local anesthetic to provide temporary numbness, loss of pain or loss of sensation to a region of the body. Regional anesthetic techniques include **spinal, epidural, and arm and leg anesthesia**. Medications can be given to make you comfortable and further remove your anxiety.

Monitored Anesthesia care consists of local anesthetic injections as well as the use of medications to make you drowsy. While you are sedated, your anesthesiologist will monitor your vital body functions.

Local Anesthesia, which provides numbness to a small area, may be injected by your surgeon.

IN THE PATIENT'S ROOM

The night before surgery, you will be instructed not to take food or liquids after midnight, particularly if the operation will be done in the morning. For the late schedules, a light breakfast (i.e. a toast, cup of coffee) plus oral medication may be allowed 6 hours prior to surgery, only after specifically ordered by your surgeon.

For pediatric cases, last feeding prior to surgery will be ordered according to age. An intravenous fluid may be started in your room by the resident on duty as ordered.

In your room, pre-operative medications as ordered by the anesthesiologist may be administered by intravenous (I.V.) or intramuscular (I.M.), an hour before wheeling you to the operating room. These pre-medications will provide you sedation, relieve your anxiety and sometimes make you drowsy.

IN THE OPERATING ROOM

You will enter a very different environment. The room is usually cold and most people are wearing caps and masks. While being prepared in the operating room, the following safety measures in monitoring the vital functions of the body will be attached to you:

Blood pressure cuff around your arm
ECG electrodes attached to a cardiac monitor

Pulse Oximeter attached to one of your fingers to measure oxygen saturation of the body

Face mask to deliver supplementary oxygen through your nose

I.V. Line to deliver the required fluids and other medications during surgery



AFTER SURGERY

Immediately after the operation, you will be brought to the recovery room, which is also called the post-operative anesthesia care unit (PACU). The anesthesiologist will accompany you and properly endorse you to a group of nurses whose primary function is to attend to you while recovering from anesthesia. Vital signs, cardiac rhythms and oxygenation are continuously watched with the aid of modern electronic devices for your safety and comfortable recovery. Post-operative pain will be removed or minimized with the administration of different pain control techniques.

In the recovery room, the patients may rarely experience nausea or a dizzy feeling. These are after-effects of surgery and anesthesia, which they quickly recover from. Some patients may feel thirsty. The serving of water to the patient will depend on the nature of surgery and wakefulness of the patient.

BACK TO ROOM

You will be transported back to your room after being assessed as fit to be transported, i.e. vital signs are okay and stable, with good response to stimuli, reactive and able to communicate. Your food and fluid intake will depend on the nature of surgery and has to wait for the go-signal of the attending surgeon. Post-operative pain alleviation will be continuously administered in the room to make the recovery from surgery very comfortable.

