

# Having a general anaesthetic



An easy read guide



Before you go home please tell us how your stay went. Ask our staff about the Friends and Family Test that you or your carer can fill in.



We may give you some medications to take home. We will tell you and your carer about them.

## What happens next:



We will give you a letter about your stay and send a copy to your doctor.



If you need to come back to a clinic we will tell you and send you a letter with all the details you need.



If you are ill, your doctor may say you need some tests or an operation to help you get better.



Because some people find tests frightening or because they might hurt, the doctor or nurse may decide that you need a general anaesthetic.



Having a general anaesthetic means you will have medicines to make you go to sleep so that you do not feel anything.



On the day of your test or operation you will have to stop eating and drinking for about 6 hours before you come to hospital.

If you had an operation, you might need to stay in hospital for a day or two.



If you had a test like a scan you might be able to go home.

Your family or carer will be able to visit you.



You will have your own nurse looking after you on the ward. You can talk to them or to the nurse in charge.



If you or your carer needs help while you are in hospital, ask one of the nurses to call the patient advice and liaison service (PALS).





When you are more awake, a nurse and porter will take you back to the ward on a trolley. Your carer can come too.



On the ward, the nurses will look after you and check you are OK.



The nurses will check your blood pressure, heart rate and temperature.



If you are feeling hungry the nurse will bring you something to eat and drink, like tea and a biscuit.

You might be able to have some water. Your carer will tell you if you can.



You will have received a letter telling you where to go in the hospital. You may bring your carer or a family member with you.



A nurse will ask you to put a hospital gown on.



The nurse will ask you and your carer some questions and will put a plastic bracelet on you with your name and date of birth. You need to keep this identity bracelet on.





You will see an anaesthetist. Anaesthetists are doctors who look after you when you are asleep.



You or your carer may be asked to sign a form to say you want to have the test or operation and the anaesthetic.



You will then wait until you are ready to have your test or operation. It is important that you still don't eat or drink anything.



When it is time for your test or operation, you and your carer will be taken to a treatment room. You may go in a wheelchair or on a trolley.

In the treatment room, the doctor will talk to you and put a thin, small needle into your hand. They will use this to give you medicines that will make you sleep.



You will feel sleepy quickly and will soon be asleep.



When you wake up, the test or operation will be finished. You will be in a big room with other patients and a nurse looking after you. If you want your carer can be here with you.



If you feel sick or frightened, tell the nurse and they will help you.

