

First name:

Last Name:

Date of birth:/...../.....

Booklet completeness:	
Admission H&P:	OK - not OK
Procedure H&P:	OK - not OK - NA
Medication schedule:	OK - not OK
IC General	OK - not OK
IC Treatment and blood:	OK - not OK
IC Anaesthesia	OK - not OK

az monica

Patient booklet

Dear Sir/Madam

You will soon be admitted to the AZ Monica hospital for a procedure, test, or treatment. You received this booklet during your doctor’s visit. **We ask that you please read this booklet carefully and fill out the questionnaire.** This enables us to prepare for your stay and improve the quality of our care. Use this booklet as a guideline for your hospital stay. **Please bring the completed booklet to the hospital** on the day of your admission, pre-operative consultation, or pre-operative tests.

In addition to this booklet, you will receive several information leaflets and/or forms. You can also find these documents on our website: www.azmonica.be. You can also contact your treating physician-specialist for more information.

AZ Monica has two campuses. Before your procedure, test or treatment, always check at which campus you are expected:

Campus Antwerpen
 Harmoniestraat 68
 2018 Antwerpen
 ☎ 03/240.20.20



Campus Deurne
 Florent Pauwelslei 1
 2100 Deurne
 ☎ 03/320.50.00



PREPARING FOR YOUR ADMISSION

I. Pre-admission tests

Pre-operative tests are a necessary part of the preparation for surgery. What tests are required depends on your *age*, the type of *surgery* and your *health*. You, your treating physician or your general practitioner (GP) can find the tests required in the overview on the anaesthesia webpage or using the direct link/QR code



http://azmonica.be/docs/DC478-1706-anesthesie-richtlijnen_voor_preoperatieve_onderzoeken.pdf

There are 2 options for scheduling pre-operative tests:

Option 1: Your treating **physician** determines what tests or consultation(s) with a specialist are required in your case and gives you the prescriptions for these tests or consultations. During business hours, you will need to call the **hospital** for an appointment for these tests/consultation(s) at the following number:

- Appointments Campus Antwerpen:  tel. 03/240.28.01
- Appointments Campus Deurne:  tel. 03/320.50.05

We do recommend that you schedule any consultations with physician-specialists (for example cardiologist, pulmonologist, etc.) with your regular physician-specialist, even if they do not practice at our hospital. After all, your own physician-specialist knows your case and is therefore best positioned to help prepare for your admission. If you are not currently being seen by a physician-specialist, our specialists are ready to help you. You can schedule an appointment by calling the above-mentioned phone numbers.

Option 2: Your treating physician refers you to your **GP** for pre-operative testing. Your GP will then ensure that the required tests are performed. Contact your GP on time and schedule the appointment with your GP at least 2 weeks before your admission. Further down in this leaflet you will find a page for the GP to fill out (called 'information GP', see p. 11) which you can ask your GP to complete during the consultation. You can also review the medication overview and the other questionnaires with your GP if you prefer.



If you prefer to have the tests performed by your GP or a physician-specialist who does not practice at AZ Monica, please bring all test results and reports on the day of your admission and for the pre-operative consultation with the anaesthesiologist. It is of the utmost importance that all information is available during the consultation with your anaesthesiologist and care providers. If you do not bring this information, your procedure, test, or treatment may be postponed.

II. Pre-operative consultation in the anaesthesia department

A pre-operative anaesthesia consultation is possible but not always required; for example, when you are in good general health and you only have to undergo minor or intermediate surgery. However, a pre-operative consultation **is necessary** under the following circumstances:

- You answered 'yes' to at least one of the 5 questions from the checklist for pre-operative assessment (page 7 in this leaflet under 'Procedure H&P').
- Your treating physician or your GP considers that a pre-operative consultation is necessary.
- You prefer visiting an anaesthesiologist prior to your surgery.

There are 3 options for scheduling this pre-operative consultation:

- Your treating physician schedules your consultation in the pre-operative consultation planner (Ultragenda).
- Your treating physician, your GP or you yourself call the hospital for a pre-operative consultation during business hours using the same contact information mentioned above.
- If no pre-operative consultation took place, for whatever reason, but is still required, you may, by exception, be visited by the anaesthesiologist in your room between the time of admission and the time of surgery.

If you have any additional specific anaesthesia-related questions, you can contact the departments via:

- Anaesthesia Campus Antwerp:  tel. 03/240.22.78  secranesthesieca@azmonica.be
- Anaesthesia Campus Deurne:  tel. 03/320.60.66  secranesthesiecd@azmonica.be
-  tel. 03/320.56.43 (= anaesthesia CD office)

Do make sure that you have completed this pre-operative leaflet as much as possible before making your way to the pre-operative consultation and that all pre-operative tests have been performed (so please bring any results of pre-operative tests performed outside of the hospital).

III. Pre-operative home medication policy and precautions for medication which may influence coagulation

If you take any medications, especially if you take medications which may influence coagulation, you may be required to stop taking these medications and sometimes replace them with different ones. You, your treating physician, or your GP can find all information on this topic on the anaesthesia webpage or using the direct link/QR code below:

http://azmonica.be/docs/DC517-1710-anesthesie-richtlijnen_preoperatief_medicatiebeleid.pdf



IV. Social services

Each hospital department has a social worker or social nurse. You can always ask to speak to somebody from social services. This service is provided for free.

- Social services Campus Antwerp:  tel. 03/240.20.20  socialedienstca@azmonica.be
- Social services Campus Deurne:  tel. 03/320.50.00  socialedienstcd@azmonica.be

V. Admissions scheduling

Please call the scheduling department between 2 PM and 4 PM the day before your admission. Do not hesitate to call the admitting department if you have any questions regarding room choice, the time of the procedure or if you want additional information. If you have to cancel your admission, please notify us in time.

- Scheduling department:  tel. 03/320.50.08  Mon – Fri 07:30 – 16:00

Exceptions: If you are admitted for ophthalmological surgery, contact the office of the eye clinic before your admission.

- Eye clinic Office:  tel. 03/320.50.20

VI. Hospital insurance

Contact your hospital insurance provider or mutual insurance provider before you are admitted to the hospital and inform them about your admission.

DAY OF ADMISSION

I. Arrival in the hospital

Bring along this booklet as well as the following items:

- Results of any pre-operative tests that you had performed
- Your electronic ID card
- Blood type card (if you have one)
- Allergy card (if you have one)
- Letter of referral from your physician and any medical documents
- Hospital insurance information
- Debit cards to pay any advance payments or estimated costs. Please note: If you are insured by a Belgian mutual insurance provider, you only need to pay an advance payment of €440 if you are admitted to a single room and are staying overnight. If you are not insured, a cost estimate will be drawn up.
- The medication bag with medications that you use, in their original packaging
- Toiletries (e.g. washcloths, toothbrush), underwear, possibly dressing gown, comfortable clothing, slippers (preferably with closed heels and non-skid soles). However, this is not required for day admissions
- Any medical devices required: glasses, hearing aid, crutches, walker, etc.
- If you own one of the following items and they are needed for your procedure, please bring your compression stockings (TED stockings), abdominal bands, spica bandages, braces, etc.

II. Fasting rules

If, during your admission, you undergo surgery or a test/treatment under sedation, you must be fasted:

	Volwassenen	Kinderen
6 hours before the procedure	<ul style="list-style-type: none"> • No solid food • No smoking • Allowed: clear, non-fizzy drinks (e.g. still water, sugar water, clear apple juice, tea/coffee without milk) → Max. 1 small glass/cup per hour 	<ul style="list-style-type: none"> • No solid food • No bottle-feeding • Allowed: breastmilk, still water, clear apple juice) → Max. 1 small glass/cup per hour!
4 hours before the procedure		<ul style="list-style-type: none"> • No solid food • No bottle-feeding • No breastmilk • Allowed: still water → Max. 1 small glass/cup per hour!
2 hours before the procedure	<ul style="list-style-type: none"> • No solid food • No beverages • No smoking 	<ul style="list-style-type: none"> • No solid food • No bottle-feeding or breastmilk • No beverages



You must comply with these guidelines for general anaesthesia and locoregional anaesthesia or sedation. Not complying with these guidelines may endanger your life and will cause your procedure or test to be postponed!

Exceptions:

If you are admitted for a procedure under **local anaesthesia**, with or without mild sedation, you **do not have to be fasted**.

III. Prior to the procedure (only if you are undergoing surgery)

Regarding **hygiene**, please note the following:

- Remove all nail polish and gel nails, and make sure your fingernails are short and clean.
- Remove piercings.
- Before your admission, take a bath or shower. (Unless your treating physician instructs you otherwise, regular soap will suffice.) Pay special attention to any skinfolds (armpits, groin area, etc.) and do not forget your bellybutton. Wash your hair with regular shampoo. Also brush your teeth.
- Preferably have your dentist treat cavities and tooth abscesses in advance.
- Notify your physician if you are suffering from any infections.

Additional points of attention:

- Leave your jewellery, watch and other valuables at home. If you are carrying jewellery and/or piercings when you arrive at the OR, these will be removed, which increases the risk of these items getting lost.
- Leave your dentures, glasses, contact lenses, hearing aid, hair pins, combs, etc. in your room.
- Remove all makeup: It is important for your physician to be able to evaluate the colour of your face and lips during the procedure.

IV. After the procedure (only if you are undergoing surgery)

- We recommend that you do not drive any vehicles (car, moped or bicycle) or operate machinery after the procedure.
- We recommend that you do not go home alone and to make sure that a responsible person accompanies you home.
- We recommend that you are supervised by an adult for 24 hours after the procedure and that you are not home alone the first night after the procedure.
- We recommend that you do not take any important decisions and not sign any (legal) documents for 24 hours after the procedure.

Surname:

Name:

Date of birth:/...../.....

PRE-ADMISSION H&P

Please fill out this questionnaire carefully

▶ Is there any **RELEVANT INFORMATION** relating to your current treatment or procedure? Are there any important elements in your **MEDICAL HISTORY**?

▶ Is your **IMMUNE SYSTEM** compromised or has it ever been compromised? Yes No
 If yes, please explain:

▶ Are you **ALLERGIC** to certain substances? If yes, indicate the substances below and your reaction to them: Yes No

latex: rash shock shortness of breath fever itching hives other:

rubber: rash shock shortness of breath fever itching hives other:

adhesive bandages: rash shock shortness of breath fever itching hives other:

disinfectants: rash shock shortness of breath fever itching hives other:

anaesthetics (dentist):
 medication rash shock shortness of breath fever itching hives other:

Penicillin: rash shock shortness of breath fever itching hives other:

contrast: rash shock shortness of breath fever itching hives other:

other: rash shock shortness of breath fever itching hives other:

other: (for example: food products, colorants, plants, pollen, trees, animals, dust mite, etc.)
 rash shock shortness of breath fever itching hives other:

▶ Your **PHYSICAL INFORMATION**

Do you have any of the following medical devices? pacemaker ICD (= internal defibrillator) (neuro)stimulator
 If you indicated any of the devices above: Since/...../..... and bring the identification card

Your weight (kg): Did you lose a significant amount of weight in the past 3 months? Yes No
 Your height (cm): If yes, what was the cause?

Only for **FEMALE** patients

Are you pregnant? Possibly Yes No
 Are you currently breastfeeding? Yes No

▶ Your **HABITS**

Are you a smoker? Yes No If yes, per day
 Did you use to smoke, but have you quit smoking? Yes No If yes, quit years ago
 Do you consume alcohol? Yes No If yes, glasses per week
 Do you regularly use drugs or other substances? Yes No If yes, which? How frequently?.....

▶ **FALL RISK** assessment

Was a fall the direct cause for your admission to the hospital? Yes No
 Do you sometimes have problems with your eyesight and/or balance? Yes No
 Do you have to go to the bathroom frequently? Yes No
 Are you over 65? Yes No

▶ Your **LANGUAGE** and **EDUCATION**

Do you speak a language other than Dutch at home? Yes No; If so, which language? Do you understand Dutch? Yes No
 Please write your education : occupation :

▶ **Screening INFECTION CONTROL**

In the past 3 weeks, have you been in: Middle East Central or West Africa

Over the past 6 months, have you spent more than 24 hours in a hospital, psychiatric institution, prison or refugee camp Yes No

Are you actively working as a livestock farmer or veterinarian Yes No

Do you work in healthcare and come into contact with patients Yes No

Are you staying in a residential care facility Yes No

Over the past 6 months, have you spent more than 24 hours in a hospital abroad Yes No

Do you live abroad, or have you just moved to Belgium in the past 12 months Yes No

Are you or were you once a carrier of hospital bacteria (MRSA, CPE, VRE, etc.) Yes No

Are you over 75 Yes No

Do you regularly visit the hospital for a specific condition and/or treatment Yes No

Do you currently have an open wound Yes No

Have you received home nursing services over the past year Yes No

Do you have a contagious/communicable disease No Yes, please specify:

► Your **EMERGENCY CONTACTS** and **HOSPITAL STAY INFORMATION**

Your emergency contact: Relationship: tel.:

Your emergency contact: Relationship: tel.:

Your general practitioner: tel.:

You live: at home in an assisted living facility (service flat)
 in a residential care facility other:

Social status: living alone cohabitating, with partner children other:.....

Marital status: unmarried married legally cohabitating divorced widowed

Do you receive help at home? Yes No (if yes, please fill out the table below)

Relationship	Who (name)	To be reached at (tel.)	Frequency (times per week)
Home nursing service			
Family/senior citizen aid			
Physiotherapist			
Meal service			
Cleaner			
Others			

► **PHYSICAL** assessment

Do you require assistance? Yes No

If yes, indicate below to which extent assistance is required for the activities listed below:

Bathing:	<input type="checkbox"/> assistance required	<input type="checkbox"/> independent
Grooming (face, teeth, hair and shaving):	<input type="checkbox"/> assistance required	<input type="checkbox"/> independent
Getting dressed and changing clothes:	<input type="checkbox"/> assistance required <input type="checkbox"/> can do approximately half independently	<input type="checkbox"/> independent
Stool:	<input type="checkbox"/> incontinent <input type="checkbox"/> sometimes incontinent	<input type="checkbox"/> continent
Urine:	<input type="checkbox"/> incontinent <input type="checkbox"/> sometimes incontinent	<input type="checkbox"/> continent
Toilet use :	<input type="checkbox"/> assistance required <input type="checkbox"/> minimal assistance required	<input type="checkbox"/> independent
Transfer (from bed to chair and back):	<input type="checkbox"/> impossible <input type="checkbox"/> a lot of assistance required <input type="checkbox"/> minimal assistance required	<input type="checkbox"/> independent
Mobility:	<input type="checkbox"/> cannot move from one place to another <input type="checkbox"/> independent in wheelchair <input type="checkbox"/> can walk if assisted	<input type="checkbox"/> independent, possibly using device
Taking stairs (up-and-down):	<input type="checkbox"/> impossible <input type="checkbox"/> with assistance	<input type="checkbox"/> independent
Eating:	<input type="checkbox"/> assistance required <input type="checkbox"/> assistance required for cutting and making a sandwich	<input type="checkbox"/> independent

► **DIET**

Are you on a specific diet? If so, please indicate which below: Yes No

Vegetarian sugar-free (diabetics) gluten-free kosher halal

Other:

Do you have problems swallowing? Yes No

► Please indicate which **ASSISTIVE DEVICES** you use Not applicable

Mouth: dentures top dentures bottom

Ears: hearing aid left hearing aid right

Eyes: contact lenses glasses

Other: artificial nails piercings

Other: crutches walker walking frame wheelchair

Other:

► Your **SPIRITUALITY**

I am religious, and/or I have a specific faith, more specifically:

I am not religious or prefer not to say it.

Would you like one of our spiritual workers to contact you during your hospital stay? Yes If necessary Definitely not

PATIENT

This questionnaire was filled out carefully:

Independently together with GP

With assistance from family other:

Date creation questionnaire: .../.../...

Signature:

WARD

To the admitting nurse in the ward:

The questionnaire was reviewed in full with the patient

Date:/..../.....

Name (in full):

Ward:

Surname:
 Name:
 Date of birth:/...../.....
 Planned procedure: left/right/both/NA
 Age:years Weight:kg Height:cm

PRE-PROCEDURE H&P

To be completed **only** if you are undergoing a procedure/test

CHECKLIST for PRE-OPERATIVE ASSESSMENT, to be completed only if you undergo general anaesthesia

Are you short of breath after minor physical exertion?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have chest pain or tightness in the chest after physical exertion?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have cardiac arrhythmias – a pacemaker – coronary artery stents/bypass?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have insulin-dependent diabetes?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any other illnesses other than those for which you are getting surgery that severely restrict your daily activities?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

At least one YES



If you answered 'YES' to one or more questions, you must see the anaesthesiologist before the surgery. The options for scheduling a pre-operative consultation can be found at the beginning of the booklet under 'pre-operative consultation with the anaesthesiology department' on page 1.

Please complete the following questions carefully.

These questions are for **all** patients undergoing a procedure, regardless of the type of sedation or anaesthesia that will be used.

Previous SURGERIES or experiences

Have you had surgery before? If yes, when and which surgeries: Yes No
 Year:..... Procedure:
 Year:..... Procedure:
 Year:..... Procedure:
 Year:..... Procedure:
 Did the sedation cause you any problems (anaesthesia)? Yes No
 If yes, please describe your reaction below:

Please indicate whether you frequently suffer from: nausea vomiting motion sickness

CARDIOVASCULAR diseases

Do you have problems with your blood pressure? If so high blood pressure low blood pressure Yes No
 Are you receiving, or did you receive treatment for heart disease? If so, please mention which: Yes No
 Cardiac insufficiency myocardial infarction bypass coronary artery stents cardiac arrhythmias
 Mitral valve stenosis or insufficiency aortic valve stenosis or insufficiency other valvular disease:
 Pacemaker since..... / / (+ please bring pacemaker identification card)

Are you still seeing a cardiologist? Yes No
 If yes, name: Dr.

Are you short of breath? If yes, at rest after minor physical exertion Yes No
 Do you sometimes have chest pain or a feeling of tightness in the chest? If yes, at rest during physical exertion Yes No
 Do you sometimes suffer from swollen feet or legs? If yes, when: Yes No
 Are you receiving, or did you receive treatment for vascular disease? Yes No
 Do you have varicose veins? Yes No
 Have you ever had phlebitis? Yes No
 Are you taking medication for your blood pressure or your heart? *If so, include them in the medication overview.* Yes No

PULMONARY and RESPIRATORY diseases

Have you ever had a severe lung disease? If so, please indicate which: Yes No
 TB pneumonia other:

Do you have asthma hay fever chronic bronchitis COPD ? Yes No
If you are taking any medications for these conditions (including aerosol and inhalers), please include them in the medication overview.

Are you receiving oxygen therapy? If so, how much?O2 L /min Yes No
 Are you using a nasal CPAP machine? *If so, please bring your machine when coming to the hospital.* Yes No
 Do you currently have a cold or the flu? Yes No



▶ RENAL diseases
 Do you suffer from kidney disease? If so, please indicate which: Yes No
 renal insufficiency kidney stones kidney infection other:

▶ GASTROINTESTINAL and LIVER diseases
 Are you receiving treatment for stomach disease? If so, please indicate which: Yes No
 stomach ulcer acid reflux oesophagitis Crohn's disease colitis ulcerosa other:
 Have you ever had jaundice or other liver diseases? If so, please indicate which: Yes No
 hepatitis A hepatitis B hepatitis C cirrhosis other:

▶ ENDOCRINE diseases (hormone system)
 Do you have diabetes? If yes, please answer the following questions: Yes No
 Indicate which type: juvenile diabetes adult-onset diabetes
 Who checks your glycaemia (blood sugar) and when?
 Are you insulin-dependent? Insulin-dependent not insulin-dependent
 If insulin-dependent, who injects the insulin?
 Do you suffer from a thyroid disease? If so, please indicate which: Yes No
 hypothyroidism hyperthyroidism other:.....

▶ NEUROLOGICAL diseases
 Are you receiving treatment for a neurological disease? If so, please indicate which: Yes No
 epilepsy Parkinson's disease migraine other:
 Are you receiving treatment for a depression aggression attention disorder? Yes No
 Have you ever had a brain bleed or thrombosis? If yes: CVA (stroke) TIA Yes No
 If yes, which consequences are you experiencing? speech problems paralysis sensibility problems other:
 Do you have a neurostimulator? Yes No
 Are you suffering from a form of dementia? Yes No

▶ BLOOD and COAGULATION
 Do you continue to bleed long after a tooth extraction or injury? Yes No
 Are you on blood thinners? *If so, include them in the medication overview and discuss with your GP, treating physician or anaesthesiologist.* Yes No
 Do you have a known coagulation disorder? If yes: Yes No
 Have you ever had a blood transfusion? Yes No
 Have you ever had a reaction to a blood transfusion (transfusion reaction)? Yes No

▶ ONCOLOGICAL conditions
 Have you ever been treated for cancer? Yes No
 If yes: type of cancer:
 Treatment:
 Have you had a sentinel lymph node dissection? If yes: left right Yes No

▶ MOTOR SYSTEM diseases
 Have you ever been treated for rheumatism or osteoarthritis? Yes No
 Have you ever been treated for back or neck complaints? If yes, which: Yes No
 Do you have issues opening your mouth? *'yes' = you cannot put 2 fingers on top of each other between your teeth.* Yes No

▶ OTHER diseases
 Are you receiving treatment for an eye disease? If yes, which: Yes No
 Do you have relatives with congenital, hereditary conditions or illnesses? Yes No
 If yes, which:

▶ Other additions or COMMENTS

PATIENT

This questionnaire was filled out carefully:
 Independently together with GP
 With assistance from family other:
 Date creation questionnaire: .../.../...
 Signature:

WARD

To the admitting nurse in the ward:
 The questionnaire was reviewed in full with the patient
 Date: .../.../.....
 Name (in full):
 Ward:

STEP 1: Write down all medications that you take **daily or regularly** in this table. Do not hesitate to ask your physician-specialist, GP, or pharmacist for help.

Do not forget to include blood thinners, cholesterol medications, diabetes medications, sleeping pills, painkillers, cortisone, hormonal preparations, medication for upset stomach, eye and ear drops, nutritional supplements, inhalers, ointments, medication patches, herbs, and injections.

STEP 2: Put this medication in its original packaging in the medication bag and bring along the table and bag when you are admitted to the hospital. This allows us to recheck your medication. When you arrive at the ward, you will hand over the bag and it will be returned to you when you are discharged from the hospital.

FILL IN

Do you receive help for preparing and/or taking your medication? Yes No

Have you recently (< 3 months) stopped taking any medication (e.g. antibiotics, cortisone, etc.)? Yes No If yes, which:

Are you taking any medication? Yes (please fill in the overview below) No (it is **not** necessary for you to fill in the overview below)

NAME OF THE MEDICATION	DOSAGE <i>e.g. 5 mg, 250 mg/5 ml, ...</i>	FORM <i>e.g. tablet, drops, syrup, ...</i>	HOW MUCH do you take of the medication and WHEN?				FREQUENCY <i>e.g. When fasted, every 2 days, 1x/month, as necessary, ...</i>	To be completed by the physician: If the medication is to be stopped prior to admission to the nursing unit: Time last taken:
			Morning	Afternoon	At night	Before bed		
<i>Medication example</i>	<i>5 mg</i>	<i>tablet</i>	<i>1</i>	<i>1/2</i>	<i>1</i>		<i>Monday</i>	

To be completed by the physician or GP - Medication to be started:

STARTING DATE	NAME OF THE MEDICATION	STRENGTH	FORM	HOW MUCH + TIMING?

Surname – name and stamp physician or GP:

Signature:

Date: ... / ... /



INFORMATION GENERAL PRACTITIONER

FOR THE GENERAL PRACTITIONER

Dear General Practitioner,

Using the overviews on AZ Monica's GP portal (link: <https://huisarts.azmonica.be>), you can check which pre-operative tests are required, based on age, type of procedure and ASA classification. In addition, you can see which precautions to take regarding your patient's medication. You can also directly navigate to these 2 documents using the links and QR codes on page 1 of this booklet.

If your patient is admitted for a procedure under local or topical anaesthesia, please request additional tests based upon your own clinical judgment.

If necessary or if preferred, your patient can see the anaesthesiologist for a pre-operative consultation. If necessary, please also refer your patient to an organ specialist for additional evaluation. For more information, please see page 1 of this booklet.

Note: The patient is requested to bring all results and medical information (including your clinical findings) to the anaesthesia consultation or their admission. Tests which are older than 30 days must be repeated upon admission if there are any significant clinical changes. It is of the utmost importance that all information is available, if not your patient's procedure, examination, or treatment may be postponed. Please note that an ECG is valid for 6 months.

General questions

Patient has the following ASA classification	<input type="checkbox"/> I	<input type="checkbox"/> II	<input type="checkbox"/> III	<input type="checkbox"/> IV
Have all questionnaires been completed correctly and completely?	<input type="checkbox"/> Yes	<input type="checkbox"/> No		
Has the medication overview, see page 9, been filled out (correctly) and signed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No		

Relevant medical information / H&P

.....

.....

.....

.....

Relevant information from the preparatory clinical examination

Cardiac/haemodynamic:

Respiratory:

Abdomen / Gastrointestinal:

Urogenital:

Neurological:

Orthopaedic / Locomotor system:

Other:

Preparatory technical examinations performed

ECG	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Findings:
Chest X-ray	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Findings:
Lab	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Findings:
Specific tests ¹	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Findings:

¹Please perform a MRSA screening if the patient has tested positive before or if the patient is currently staying in a residential care facility or nursing home.

Informal care: After their hospital stay, the patient can

Return home (private address)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If yes, do they have to arrange for home care?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If yes, of which type?		

Date: / / Stamp + signature:

GENERAL STATEMENT OF CONSENT

Dear patient,

Please read this statement of consent thoroughly and confirm it upon your admission to our hospital.

I, the undersigned, (surname, name),
 in my capacity of patient / parent/ legal representative (delete which does not apply) of patient:
 (surname, name)
 declare to have read the general statement of consent as described below, that I have understood it and that I approve.

I am aware that since 2002, patients have legally defined rights in Belgium, which also apply to me during my hospital stay. In addition, I am aware that I also have duties as a patient and that I am partly responsible for my care. By complying with these duties, I contribute to a respectful relationship with my healthcare providers and I enable them to provide me with the best possible care. More information on patient rights can be found on www.patientrights.be or in our leaflet 'Your rights and duties as a patient'.

I will correctly and fully inform my care provider at all times about my identity, health condition and medication use. I will follow the advice of my health care providers and I collaborate with the treatment to which I have agreed. In the hospital, I do not take any medication at my own initiative without discussing this in advance with my healthcare providers. If I have an advance directive, I will inform my healthcare providers about this so that they can keep this in mind.

I am aware that interns and residents also participate in providing care, under supervision.

If I need to undergo a high-risk procedure, my treating physician will inform me about this and ask me to provide a specific informed consent (using a document that I sign). This is the case for e.g. blood transfusions, different types of anaesthesia and diagnostic or therapeutic procedures.

If I wish to leave the hospital against the advice of my treating physician, I will inform my physician of this and I will sign a statement of 'refusal of treatment'. The same applies to any other treatments suggested I do not wish to undergo at this time.

I will comply with the general agreements as they apply in AZ Monica:

- ⇒ No smoking in the hospital. Just outside the hospital there are areas where smoking is allowed.
- ⇒ The visiting times determined by the hospital will be observed. These can be found in the welcome brochure, on the website or on posters in the hospital. During visits, I do not cause any nuisance or excessive noise.
- ⇒ No sound or image recordings may be made inside the hospital.

I consent to my patient information being processed anonymously as part of national and international scientific research. I agree that the hospital supplies this anonymous data to the government or other research institutions in order to obtain statistical information about our healthcare.

I consent to my information being stored in a central medical record on an electronic exchange network or hub. In this way, all the relevant information about my care and treatment is accessible to all my healthcare providers within AZ Monica. This record can also be made available, if needed, to your GP or other healthcare providers in hospitals that treat you.

For more information, please see <http://vlaamspatientenplatform.be/pagina/toestemming-delen-gezondheidsgegevens> or www.antwerpserregionalehub.be.

- ⇒ If you do **not consent** to storing your information on the hub, please **strike out** the above sentence.

Date, Signature



**INFORMATION LEAFLET:
TRANSFUSION OF BLOOD OR BLOODPRODUCTS**

ANNEX TO THE STATEMENT OF CONSENT FOR TRANSFUSION OF BLOOD OR BLOODPRODUCTS

What is a transfusion of blood or bloodproducts?

A transfusion of blood or blood products is an intervention in which human blood or blood products (plasma, platelets, or other blood products) are administered to a patient.

Objective of transfusion of blood or bloodproducts

Adding blood or blood products of which the concentration or amount in the patient is too low.

Advantages of transfusion of blood or bloodproducts

The deficiencies are rapidly updated so that the functions realized by this blood or blood products are quickly optimized. A blood transfusion is lifesaving in case of mass bleeding. There is an accelerated recovery in the absence of red blood cells.

Risks of transfusion of blood or bloodproducts

Transfusion reaction, shivering, fever, infectious disease, sepsis.

Alternative options of transfusion of blood or bloodproducts.

Fluid resuscitation, resting.

Points of attention in preparation of a transfusion of blood or bloodproducts

A blood group should be determined; For transfusion of blood, a cross test must be performed.

Points of attention after a transfusion of blood or bloodproducts

Watch for the occurrence of a transfusion reaction (see Risks).

Contact details

Red Cross Flanders.

More information?

A detailed explanation regarding blood products can be found on the website of the Red Cross Flanders, more specifically <https://www.rodekruis.be/dienstvoorhetbloed/bloedproducten/>

STATEMENT OF CONSENT FOR GENERAL ANAESTHESIA, PERIOPERATIVE PAIN MANAGEMENT AND/OR PROCEDURAL SEDATION

Dear (parent or representative of the) patient,

Please read the following informed consent statement carefully and confirm it with your name and signature. You can re-read all the information on general anaesthesia and procedural sedation in the attached leaflet. Before administering the anaesthesia, the anaesthesiologist will re-read this statement together with you and will also sign it, to show agreement.

I, the undersigned, (surname, name),
 in my capacity of patient / parent/ legal representative (delete which does not apply) of the patient:
 (surname, name).

- Agree to the proposed anaesthesia/pain management, i.e.:

<input type="checkbox"/> general anaesthesia	<input type="checkbox"/> paralytic anaesthesia
<input type="checkbox"/> plexus anaesthesia or peripheral nerve block	<input type="checkbox"/> mild, moderate, or deep sedation
<input type="checkbox"/> peridural or spinal anaesthesia by means of an epidural	In combination with <input type="checkbox"/> Local anaesthesia
	<input type="checkbox"/> Topical anaesthesia (drops)

- I have received sufficient information on the risks, benefits and alternative options regarding the proposed anaesthesia or sedation and any postoperative pain management. I have fully understood this information. I have received this information through the information leaflet in this bundle and/or the website and/or verbal explanation.
- I have read all information about the pre- and post-operative guidelines and understood them, and I agree to comply with these guidelines.

- I agree that in case of emergency, all measures should be taken to ensure my safety/health.
 - With the exception of:.....

Signature patient/parent/representative

Date: ... / ... / Time:.....

Stamp + physician initials

**INFORMATION LEAFLET:
- GENERAL ANAESTHESIA
- PROCEDURAL SEDATION**

ANNEX TO THE STATEMENT OF CONSENT FOR GENERAL ANAESTHESIA, PERIOPERATIVE PAIN MANAGEMENT AND/OR PROCEDURAL SEDATION

In addition to all information on the other types of anaesthesia, you can also find this information leaflet on the Department of Anaesthesiology's website.

You can review this website directly at
<http://azmonica.be/nl/anesthesie/anesthesie.asp>
Or by scanning the QR code:



<p>What is general anaesthesia?</p>
<p>General anaesthesia involves (1) putting someone to sleep, i.e. temporarily rendering them unconscious; (2) administering painkillers to make sure you do not feel any or only mild pain after the procedure; (3) if necessary, administering muscle relaxants, to facilitate the surgeon's work. In some cases, the blood pressure is lowered too.</p> <p>Before you are put to sleep, a catheter is inserted in a vein and an IV is connected. You are put to sleep by injecting all the necessary medication via this IV. During the procedure, your heart rate, blood pressure, oxygen level and sometimes also temperature are carefully monitored and managed. Following this, a mask is inserted in the throat, or a tube is put in the airway to safely continue with the general anaesthesia. Sometimes, local anaesthesia is added to the general anaesthesia in order to improve pain management after the procedure. After the procedure, you can "sleep it off" in the recovery room under supervision. When you are awake, and your pain is under control, you will be taken back to your room.</p>

<p>Objective of general anaesthesia</p>
<p>The objective of general anaesthesia is to render you, the patient, completely unconscious and pain-free.</p>

<p>Advantages of general anaesthesia</p>
<p>The advantage of general anaesthesia is that you are not aware of the surgery, that you do not feel any pain (not even during major procedures) and that you do not remember the procedure afterwards. This makes sure your body does not experience as much stress during the procedure, which helps with the healing process.</p> <p>In some cases, it may be safer to admit you to the hospital for a short period of time, even though you were scheduled for same-day surgery. This may be necessary if a surgery was more complex than planned or if there were problems with the anaesthesia.</p> <p>It is also possible that the anaesthesiologist may postpone the procedure due to urgent medical reasons (however, this is rare).</p>

<p>Risks of general anaesthesia</p>
<p>Even though anaesthesia is very safe these days, there are still risks and side-effects. These do not cause any permanent damage. They include, among other things, nausea, vomiting, sore throat, hoarseness, nosebleeds, minor lip injuries and dizziness. Other complications are more severe but are much less common. If you are healthy (no allergies, no cold, no flu, no heart problems, no bronchitis or asthma episode, etc.), we do not expect these complications to occur. Sometimes, respiratory problems occur, due to stomach reflux (1 in 10,000 cases); or tooth damage (1 in 30,000 cases). Very severe complications are very rare and include brain damage (1 in 80,000 cases) or sudden death (1 in 200,000 cases).</p>

Alternatives for **general anaesthesia**

In most cases where general anaesthesia is suggested, there is clearly no alternative.

In a number of cases where general anaesthesia is suggested, the alternative (local or locoregional anaesthesia) is less comfortable for patients compared to general anaesthesia. Therefore, in the interest of patient comfort, the locoregional anaesthesia is supplemented with a milder form of general anaesthesia.

In some cases (adding) general anaesthesia or deep sedation is, in itself, a good alternative for local or locoregional anaesthesia.

Whether there is an alternative to general anaesthesia and what this alternative may be must be reviewed on a case-by-case basis, together with your treating physician and anaesthesiologist.

What is **procedural sedation**?

Sedation literally means lowering the level of consciousness to such a level that you feel sleepy and comfortable. This is done by administering sleep medication or sedatives. This is often combined with painkillers (analgesics). There are different levels of sedation, more specifically mild, moderate, and deep.

Sedation and analgesia are used for various procedures. More and more patients ask for sedation for procedures that they consider unpleasant or threatening. The most common procedures on adults involving sedation are endoscopy techniques such as intestinal exams (colonoscopy), stomach exams (gastroscopy), an ERCP, termination of pregnancy (abortion), fertility treatments (e.g. IVF), procedures in the ER (e.g. fractures) and treating cardiac arrhythmias using an electric shock. Ophthalmological procedures are often performed under mild sedation, so you can still follow the ophthalmologist's orders which enables them to easily perform the procedure (e.g. don't blink, look in a certain direction, etc.).

The physician performing the procedure or examination determines together with you whether sedation and analgesia are necessary. The sedation and analgesia are performed by the anaesthesiology department.

You will receive sedatives and/or analgesics before the procedure, test, or treatment through an IV. Medication is administered until you have reached the right level of sedation and analgesia. During the procedure, you will be closely monitored, to see how you react to the sedatives and/or analgesics. If necessary, the medication is adjusted. After the procedure, the administration of sedation is stopped. You will be taken to the recovery room. Here you will be looked after and monitored until you are fully awake.

Objective of **procedural sedation**

Many medical procedures cause patients pain, stress, and anxiety. Administering sedation and painkillers can prevent this so you feel comfortable and so the procedure does not bother you too much. This also facilitates the procedure. Sedation can vary from mild sleepiness (mild sedation) to deep sleep (deep sedation). The effect of the sedation depends on individual sensitivity, type of drug, method of administration and combinations of drugs that reinforce each other. For some procedures, we will choose a deeper sleep in order to make the procedure more comfortable.

Advantages of **procedural sedation**

- The sedative lowers your level of consciousness: you begin to feel sleepy and drowsy. This means that you are very often not (fully) aware of the treatment. Sometimes you even forget what happened afterwards.
- The painkillers suppress pain stimuli: you feel less or no pain.
- Your reflexes, such as breathing and swallowing, remain intact. You can generally be roused. It is similar to sleeping. Therefore, you are not under general anaesthesia. Reflexes that protect your body, such as breathing, coughing, and swallowing are maintained. In general anaesthesia, the level of consciousness is so depressed that respiration and reflexes are suppressed which requires airway management.

Risks of procedural sedation

Applying sedation is generally safe in healthy patients. The following side effects are possible:

- You may feel nauseous. This is a side effect of the different medications.
- On occasion, you may have trouble breathing or experience a drop in blood pressure. That is why you are monitored during the procedure.

These events are easy to manage and rarely result in problems. That is why it is important for the staff member who is responsible for the sedation to assess whether you belong to a special population. This is assessed by asking a number of questions about your condition. He will also perform a physical exam, to check your heart, lungs, and airways. The staff member will discuss the risk assessment with you, allowing you to select, together, which type of procedural sedation & analgesia will be used during the procedure. People who are underweight or overweight or who have abnormalities of the head or neck region, chronic disorders of the heart and lungs or with previous negative experiences during a procedural sedation/analgesia or general anaesthesia have a higher risk.

Alternative options for procedural sedation

If you, the patient, do not want any sedation (mild, moderate, or deep) or analgesia, there are currently no alternatives. Most procedures will then have to be performed without any sedation or analgesia. In some cases (e.g. ophthalmological procedures), it is possible to use a different type of sedation.

Whether there is an alternative to sedation and what this alternative may be must be reviewed on a case-by-case basis, together with your treating physician and anaesthesiologist.

Cost

General information regarding the cost of your procedure, examination, or treatment and the fee supplements which may be charged can be found on our website: www.azmonica.be. You will also find a price simulator for the most common procedures. For more information regarding the cost of your procedure, you can also contact AZ Monica's invoicing department (03/240.27.25 – daily between 9AM and 4PM).

Contact details

If you have any further questions, you can either raise them over the telephone or you can ask an anaesthesiologist to provide you with additional information upon your admission. Simple questions can also be discussed with your anaesthesiologist right before your procedure, examination, or treatment.

Campus Deurne
03/320.60.66 (department)
03/320.56.43 (secretarial staff)
secranesthesiecd@azmonica.be

Campus Antwerpen
03/240.22.78
secranesthesieca@azmonica.be

www.azmonica.be

Am I ready?

Admission checklist

- I have completed this booklet.
- I have had all the necessary preparatory tests performed.
- I have all the reports and results of tests which were not performed in AZ Monica.
- I will bring all medications that I am currently taking to the hospital, preferably in their original packaging. I will use the medication bag. Not applicable for day admissions.
- I have arranged transportation to and from the hospital.
- I have informed my hospital insurance provider (or national health insurance provider) about my admission.
- There is someone who will be available when I return home to help me with practical matters.
- If I require any medical devices when arriving home (for example crutches), I have made sure that they are available.