

About anaesthesia

Anaesthesia is a procedure designed to induce temporary numbness of the central nervous system using medication. This procedure is done for the purpose of inducing loss of consciousness in patients with the help of medication, calming the patient, relaxing or inducing sleep in cases of painful invasive procedures.

Anaesthesia may be local, regional or general.

- In the case of local anaesthesia, an anaesthetic is injected under the skin in order to numb pain and reduce discomfort during the procedure. This is one of the simplest forms of anaesthesia.
- In the case of regional anaesthesia, an anaesthetic is used to block pain in a specific area and is injected around larger nerves or spinal cord. The patient is awake during the procedure, is conscious and can speak. Depending on the part of the body on which the anaesthetic is used, regional anaesthesia can be: epidural (the anaesthetic is injected into the neck, chest, waist, sacral spine area), spinal (the anaesthetic is injected into the lumbar spine), and peripheral nervous system, also known as a *nerve block* (a nerve stimulator is used or medication is injected into the nerve plexus/nerve).
- In the case of general (intravenous) anaesthesia, medication is injected into the bloodstream via a vein thus ensuring the pain numbing effect during the procedure. The patient falls asleep within 1 minute and does not feel anything. Later, i.e., during the procedure, medication is administered to the lungs as gas via a mask or a special tube.

How to prepare for an examination that involves the use of anaesthesia? *

No eating 6 hours before surgery, drinking water is allowed up to 2 hours before surgery (for more on how to prepare for colonoscopy, see a separate information sheet).

What tests are required before anaesthesia?

- general blood test (GBT);
- potassium*;
- urea, creatinine;
- the coagulation of prothrombin time;
- blood glucose;
- cardiogram;

* Please note that you can also perform all of these tests at the *Affidea Clinic*, where you will have the procedure performed.

Please inform the clinic staff about the decision to use this service in advance, so that you are given an appropriate time (deadline) for the examinations before the scheduled procedure.

Things to consider after anaesthesia

As with any invasive procedure, there is a risk of health problems and/or complications during anaesthesia and/or after it. Complications may vary depending on the type of anaesthesia administered to the patient. Complications are classified by frequency of occurrence and may be:

Known and very common complications, such as nausea, vomiting, fever, sluggishness, temporary loss of memory, sore throat, temporary flickering in the eyes, headaches.

Rare complications include acute allergic reactions to medication, muscle pain, slower breathing, urinary bladder disfunction, damage to the mouth, teeth and tongue.

24 hours after anaesthesia patients are not allowed to:

- Drive a car or some other motor vehicle
- Consume alcohol
- Operate machinery or perform dangerous work

* Proper preparation for the procedure is the responsibility of each patient.

** Patients will be required to acknowledge receipt of information contained in this document before the procedure by signing on F-LC-LT-109 Patient Consent Form for Anaesthesia.