



# Informatie over de pré-operatieve screening (POS) - Engels



## Information about the Pre-Operative Screening (POS), You will soon be having surgery

You will soon be operated on at Spaarne Gasthuis. You and your doctor decided this together. An anaesthetic or general anaesthesia is required for the surgery. This leaflet explains what you can expect from the pre-operative screening (POS) at the outpatient clinic. If you have any questions after reading this leaflet, please ask the anaesthetist or the specialised POS employee.

### **The pre-operative screening (POS)**

After you and your doctor have decided that you are going to have surgery, an appointment will be made for an outpatient pre-operative screening. This appointment can often be done by telephone and you do not have to come to the hospital. You will be asked to complete a

questionnaire in advance. This questionnaire is sent digitally via MijnSpaarneGasthuis. If this is not an option, you will receive the questionnaire on paper.

If you are not yet using MijnSpaarneGasthuis, find out how to register on <https://spaarnegasthuis.nl/mijnspaarnegasthuis>, or ask an employee at the hospital.

### **Your appointment**

You will meet someone from the anaesthesia team at the outpatient clinic. This is usually one of the specially trained POS employees, but it could also be an anaesthetist in training or an anaesthetist. An anaesthetist is a doctor who specialises in the various forms of anaesthesia, pain relief and intensive care for surgery. The anaesthetist in training and POS employee work under the responsibility of the anaesthetist.

During your appointment, you will be asked questions about:

- any previous surgery and how you responded to the anaesthesia at the time
- your physical condition
- the medicines you are taking

If your appointment takes place at the hospital, the employee will also listen to your heart and measure your blood pressure.

Your visit to the POS or telephone appointment will take approximately 20 minutes. The POS employee will ask you several questions. Some questions may seem repetitive, this is done on purpose to prevent errors in healthcare. This is important for your safety.

### **Please note**

When making your appointment, you will be given an approximate time for the call. Please make sure that you have privacy and aren't in a rush at the time of the call. If we are unable to reach you after calling twice, there is a good chance that the surgery will be postponed. A new appointment must be made and this may mean that the operation date has to be rescheduled.

### **Types of anaesthesia**

Anaesthesia means 'without sensation'. The reason for anaesthesia is to protect your body from the harmful effects of stress during the surgery. An anaesthetist (medical specialist) is assisted by a nurse anaesthetist and ensures the safety of surgery under anaesthesia. You can discuss your preference for a particular type of anaesthesia.

There are different types of anaesthesia:

- General anaesthesia or
- Local anaesthesia
- Locoregional anaesthesia
- A combination of the above

After an assessment of your medical history and the type of surgery you will receive, the options for anaesthesia will be discussed with you.

After your visit to the POS or telephone appointment, you can ask for a paper copy of the personal agreements made. You can read this again at your convenience at home. If you have a MijnSpaarneGasthuis account, the agreements will be available for you to read in your file after 19:30. Read this information again the day before the operation to ensure that you are well prepared when you come to the hospital.

## **Anaesthesia and the day of surgery**

General information with everything you would like to know about the day of your surgery can be found on the Spaarne Gasthuis website in the leaflet [dsg-1239 Anaesthesia and the day of surgery](#).

Please read this information prior to your appointment with the POS employee. This can help you ask your questions.

### **Where to find us**

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