

## Information and consent for anaesthesia

### Dear Patient,

You will soon be undergoing a procedure with anaesthesia. During a personal consultation, we will determine the most suitable anaesthesia procedure for you. This document will help you prepare for the consultation and informs you about the various anaesthesia procedures and risks. Please read it carefully, note any questions and clarify them with the anaesthetist.

### For your own safety

#### Before anaesthesia:

- Only take medication after consulting with your anaesthetist.
- Six hours before anaesthesia: do not eat or drink anything.
- Exception: you may drink water up to two hours before the anaesthesia.

#### After anaesthesia:

- After an outpatient procedure, an adult must accompany you home.
- You are not allowed to drive, make important decisions or drink alcohol for 24 hours after the anaesthesia.

### Anaesthesia procedure

#### General anaesthesia (Sleep)

During general anaesthesia, medication is used to suppress consciousness and pain perception. It requires artificial respiration.

Specific risks: sore throat, difficulty swallowing, hoarseness, vocal cord injury, tooth damage (especially in previously damaged teeth), pneumonia caused by aspiration of stomach contents into the lungs.

#### Regional anaesthesia (local anaesthesia)

A local anaesthetic is injected to numb a specific area of the body. You will be awake during the operation.

##### Spinal or epidural anaesthesia

Injection into the area around the spine. Numbs the nerves at spinal cord level.

Specific risks: severe headaches, temporary drop in blood pressure with nausea, impaired vision and hearing, paraplegia.

##### Peripheral or intravenous local anaesthesia

Injection e.g. into the neck, shoulder, arm, pelvis, leg or foot). Numbs the nerves leading away from the surgical site

Selected method: \_\_\_\_\_

Specific risks: nerve damage (sensory disturbance, paralysis), seizure.

If the effect of the regional anaesthesia is insufficient, additional painkillers can be administered or general anaesthesia may be necessary.

##### Sedation (twilight sleep)

This is a superficial sleep with reduced perception.

Risks associated with this: respiratory depression, switch to general anaesthesia.



**Special measures/specific risks**

- Arterial catheters vascular occlusion, haematoma
- Central venous catheter: infection, lung collapse, air embolism, nerve damage
- Urinary catheter: infection, subsequent narrowing of the urethra
- Blood transfusion: allergic reaction, lung damage, transmission of infections (hepatitis, HIV)
- Admission to the intensive care unit

**General risks of anaesthesia**

Modern anaesthesia procedures are very safe; all vital bodily functions such as heart rate, blood pressure and breathing are monitored continuously. The risk of life-threatening incidents such as respiratory and circulatory arrest or anaesthetic fever (malignant hyperthermia) is extremely low.

Rare risks: allergic reactions, nerve damage (sensory disturbance, paralysis), infection or bleeding at puncture sites.

Unpleasant but usually temporary symptoms: nausea and vomiting, shivering, itching, bruising, back pain, headache, difficulty urinating.

**Questions/comments**

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**Declaration of consent**

I have discussed the anaesthetic procedure including its risks with the anaesthetist and I consent to the anaesthetic treatment. I confirm that I will not drive any vehicles for 24 hours after the anaesthesia.

- Telephone consultation**
- Permanent consent** for the same anaesthetic procedure for similar surgical procedures

Place, date: \_\_\_\_\_

Patient's or legal representative's signature:

Doctor's signature:

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