



**This checklist is a practical way of preparing for your operation in the day clinic and should help you not to forget anything.**

**Practical points:**

- Please come to the day clinic in loose clothing
- Please leave jewellery, e.g. earrings and piercings, and other valuables at home
- Please do not wear any nail polish, make-up or mascara
- Please bring suitable containers for your contact lenses
- Please don't forget a change of clothes, socks and toiletries

Please bring an ECG \* if you are older than 40

I need to bring the following if I'm older than 60:

- An ECG \*
- Lung function test results or an X-ray of the lung \*
- Additional blood tests (after consultation with your family doctor)

The blood group is required for curettage, e.g. after a miscarriage.

**Medical points:**

On no account should you eat, drink, smoke or chew gum from midnight before the operation.

I will have contacted the day clinic in advance if I am a diabetic.

I have not taken any medicines containing aspirin in the week before the operation.

**I need to bring the following when I'm having a laparoscopy:**

- Complete blood group with subgroups \*
- An ECG \*
- Lung function test results or an X-ray of the lung \*
- Laboratory values: 
  - Blood sugar
  - Potassium
  - PTT
  - Blood count
  - Urea
  - Cholinesterase

If I am stabilized on certain medicines, I will take these as usual with a sip of water.

\* not older than 6 months

\* not older than 6 months

Questions I still want to ask the surgeon at the day clinic:

---



---



---