

重要的術前指引

IMPORTANT PREOPERATIVE INSTRUCTIONS

UNIT NUMBER

PT. NAME

BIRTHDATE

LOCATION

DATE

手術中心的醫務人員將會為你儘可能提供舒適和正面的服務。以下指引是為了給你提供一個安全舒適的手術和麻醉過程。

(The Surgery Center staff wants your upcoming visit to be as comfortable and positive as possible. The following instructions are designed to provide you with a safe, pleasant surgical and anesthesia experience.)

請認真地執行以下指示 (Please follow all instructions carefully.)

你的手術/治療是安排在 (Your surgery/procedure is scheduled on) _____

你一定要在 (You must arrive at the Surgery Center at) _____ (am/pm)到達手術中心,你的治

療安排在 (for your procedure scheduled at) _____ (am/pm)

上述時間有可能更改 (The above times may be subject to change.)

·**吃喝的指引**(Eating and Drinking Instructions):

- 過午夜後不能吃喝任何東西(You must NOT EAT any food after midnight.)
- 這包括所有實質的食物,牛奶,奶粉,橙汁,硬糖,口香糖等(This includes all solid foods, milk, infant formula, orange juice, hard candy, gum, etc.)

·(May drink water or clear liquids until) _____(am/pm) 在這時間以前你可以喝水或者清澈的液體。但過後便不能喝任何飲料(DO NOT DRINK ANYTHING AFTER THIS.)

- 清澈的液體包括人奶,清澈蘋果汁,汽水,黑咖啡/茶(不加奶油/奶) (Clear liquids include breast milk, clear apple juice, sodas, black coffee/tea with no cream/milk.)

不遵守以上吃/喝規則的人的手術將會被延後或者取消

(Failure to comply with these eating/drinking instructions will cause your procedure to be cancelled or postponed.)

藥物(Medications):

- 如果沒有其它特別的指引,可以用少量開水服食平日早上服用的藥物. (Take all of your normal morning medications with a sip of water unless otherwise instructed.)
- 特別的藥物指引(Special Medication Instructions): _____

·在手術前一晚或者當天早上先洗澡或者泡浴. (Shower or bathe the night before or the morning of surgery.)

·穿着便衣,大件和舒適的服裝(Wear casual, loose fitting, and comfortable clothing.)

·把你的財物,首飾和隱形眼鏡留在家里(Leave valuables, jewelry, and contact lenses at home.)

·在麻醉或者用鎮靜後,你必須安排一個成年人接載和護送你回家.如果你沒有作好安排,你的手術將會被取消. (You must arrange for an adult to drive and escort you home after receiving anesthesia or sedation. Your surgery WILL BE CANCELLED if you have not made these arrangements.)

·把所有醫院化驗結果或者身體檢查報告,還有 X 光照片帶來.你的醫生可以把這些報告傳真到(415)353-2378. (Bring any lab/test results, history/physical, or x-rays that were completed for your procedure. Your physician may FAX these results to (415) 353-2378.)

·我們鄭重建議在手術後第一個晚上,所有病人最好找一個有責任心的人陪伴在家. (We strongly recommend that all patients have a responsible person at home with them for the first night after surgery.)

·在你接受手術前一天,你將會收到我們手術中心職員給你的電話.他們將會重複提醒你以上的指引和你需要到達醫院的時間.如果你有任何問題或者在手術前一天 2:00 pm 前沒有收到職員打給你的電話,請在 7:30 am 到 5:30 pm 之間打電話到手術中心 (415)353-2755.

(You will be receiving a phone call from our Surgery Center staff before the day of the surgical procedure. They will review these instructions with you and verify the time of your arrival. Please call the Surgery Center at (415) 353-2755 between the hours of 7:30AM and 5:30PM if you have any questions or if you have not received this call by 2:00PM the day before your scheduled procedure.)

·如果你在手術前覺得自己不舒服，例如發燒、喉嚨痛、感冒或者有感染，請讓你的手術醫師和手術中心知道，這對小孩子的手術是尤其重要。(Notify your surgeon and the Surgery Center if you develop any signs of illness such as fever, sore throat, cold, or infection before the date of surgery. This is especially important for children.)

其他指示 (Special Instructions): _____

Date

Patient/Parent/Guardian (病人/家長/監護人)

If signed by other than patient, indicate relationship

Instructions given by 教導指示之護士 _____ RN _____

Date