



## Dear patient,

We would like to thank you for your trust in us and assure you that all our staff will do their utmost to ensure that your stay with us is as smooth as possible.

**For outpatient surgery,** the department overseeing your operation will contact you the day before to confirm where you should go and at what time:

- Outpatient surgery /Z3  
T 2888 4661  
T 2888 4660

**For a hospital stay of one night or more,** the department looking after you during your stay will contact you on the day before your operation to confirm where you should go and at what time:

- Unit A2 : ENT, Neurosurgery, Rheumatology, Spine surgery, plastic surgery  
T 2888 4034
- Unit A3 : Thoracic surgery, Pneumology  
T 2888 4022
- Unit A4 : Gastroenterology, visceral, general and vascular surgery  
T 2888 4032

**Following your visit to the Pre-Hospitalisation Department, you will find all the information you need regarding your hospital admission in this document.**

### Hôpitaux Robert Schuman

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[www.hopitauxschuman.lu](http://www.hopitauxschuman.lu)

Our teams are available for any further information you may require. We hope you have a pleasant stay with us and a swift recovery.

### USEFUL INFORMATION

PRE-HOSPITALISATION DEPARTMENT  
ZITHAKLINIK

T +352 2888-5502

### Welcome booklet

- Your admission
- Your stay
- Your rights and duties
- Practical information
- 

Request your welcome booklet or scan this QR Code.



Acteurdemasante.lu: the Hôpitaux Robert Schuman healthcare platform



For patients, their carers and anybody interested in healthcare subjects, the “Acteur de ma santé” platform covers education, health and therapeutic education.

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## RECOMMENDATIONS BEFORE YOUR HOSPITALISATION



## Preparations at home



### Fasting before your operation

You must not eat nor smoke from midnight before your operation. You may drink water up to 2 hours before your entry at the hospital.

### Your medication

Take your usual medication, depending on the advice you were given by the anaesthetist at your pre-hospitalisation appointment

### Pre-operation skin preparation

Pre-operation skin preparation is a necessary measure intended to reduce the risk of infection.

### Pre-operation shower

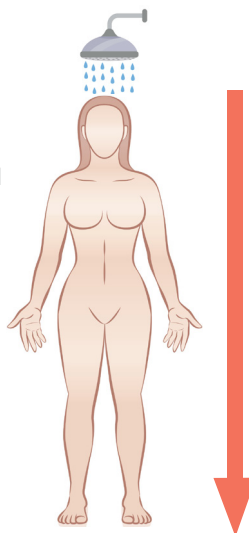
- Take a shower on the morning of the day you are going to hospital using the soap you were given by the Pre-Hospitalisation Department or a new liquid soap
- Dry yourself with a clean towel
- Do not apply any cream, perfume or deodorant
- Get dressed in clean clothes

If you think you may have difficulty showering, please inform our care team.

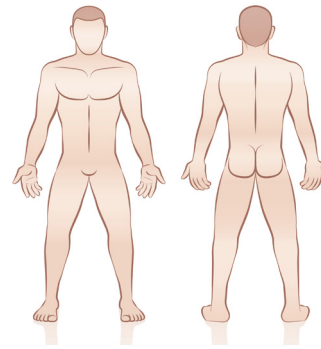
Soap your entire body starting with your hair, lathering from the top to the bottom.

Pay particular attention to the area that is to be operated on and the following parts of your body:

- Neck, armpits
- Umbilicus
- Groin fold
- Anogenital region
- Nails, hands and feet



## Hair removal



Depending on the medical advice you have received, body hair should be removed on the day or the day before of the operation.

Hair can be removed using:



- **Hair clippers**
- **Hair removal cream:** Carry out a skin test on a small area before use. Follow the manufacturer's guidelines and use a sealed product.

Do not use:



- **A mechanical or electrical razor** (risk of microcuts which can be a source of infection)



- **Wax hair removal techniques** (risk of infection when the hair regrows)

### Recommendations

Remember to:



- Brush your teeth (without swallowing any water)



- Ensure nails are clean and short



- Remove nail varnish (even clear varnish) and remove fake nails (hands and feet)



- Remove all Make up



- Remove jewellery, Wedding ring, any piercings



- Do not wear contact lenses

## On your admission to the hospital



Present yourself at the admissions department with:

- ☐ Your identity card
- ☐ Your social security and private health insurance card
- ☐ Your signed informed surgical/medical consent

Please also ensure that you have everything you need for your stay:

- ☐ Clothes
- ☐ Toiletries, including towels and flannels
- ☐ Slippers (shoes and/or slippers that fasten to prevent falls)
- ☐ Change to buy water from the vending machine
- ☐ Specific medical devices (crutches, walking frame, prosthetics,...)
- ☐ Glycaemi device
- ☐ Personal medication



**Please do not bring valuable items or large sums of money with you. A safe is available in each room.**

## Discharge from hospital

### Outpatient surgery:

If your discharge is planned for the day of your operation:

- You must be accompanied when you leave hospital
- You must not drive yourself home

### Overnight stay (at least 1 night in hospital)

You will be given post-operative advice by your surgeon and the team responsible for your care.

We look forward to seeing you soon and will be happy to provide any further information you may require prior to your surgery. Thank you for your collaboration.

Your Pre-hospitalisation team