

## 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.

**You are expected:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
at \_\_\_\_\_

**The team would contact you the day before your intervention should your admission time have to change.**

- Maternity unit : +352 2862 9310
- Gynecology unit : +352 2862 9210

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

If, for any reason, you are unable to attend on the above date, please advise:

- Clinique Bohler's PréHospitalisation unit :  
+ 352 2862 9020 (de 7h à 19h)

**Hôpitaux Robert Schuman**  
9, Rue Edward Steichen, L-2540 Luxembourg  
T +352 286 911  
[www.facebook.com/hopitauxrobertschuman](https://www.facebook.com/hopitauxrobertschuman)  
[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 CLINIQUE BOHLER RECEPTION

T +352 286 911

### 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



## YOUR SURGERY

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## Preparations at home

### Fasting before your operation

You must not eat or smoke after midnight. A small amount of still water may be taken up to 3 hours before your operation.

### 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

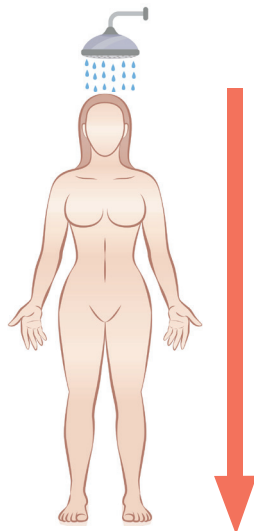
- Take a shower on the morning of the day you are going to hospital using the soap you were given by the Pre-Hospitalisation Department or a new liquid soap
- Dry yourself with a clean towel
- Do not apply any cream, perfume or deodorant
- Get dressed in clean clothes

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

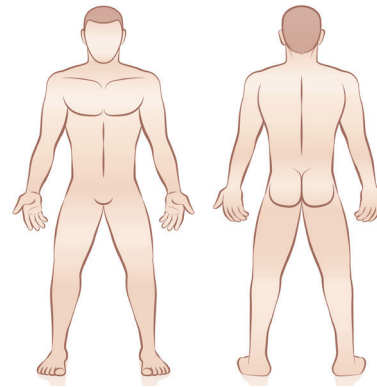
Soap your entire body starting with your hair by lathering from top to bottom.

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 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 polish (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,...)
- ☐ Glycaemia 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 the hospital
  - You must not drive yourself home
- You will be given post-operative advice by your surgeon and the medical team responsible for your care.

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

You will be given post-operative advice by your surgeon and the medical team responsible for your care. The discharge is done in the morning, at the latest at 11am.

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