

## **PREPARATIONS AND INFORMATION FOR IN-HOUSE PATIENTS**

Here we provide you with a checklist for your stay in our clinic which includes the most important preparations for and information about your stay here. If you have any questions or need additional information, just call our reception desk (+41 43 268 70 70) and they will connect you with the right office.

### **To be completed after registering with the clinic (at the latest two weeks before admission)**

- Send copy of insurance ID card to the clinic
- Complete the anaesthesia questionnaire and send it to the clinic
- Send the completed personal data sheet which was sent with the info folder to the clinic using the return envelope (note any special nutritional requirements or diets on the sheet)

### **Prepare for admission (or bring with you to admission in the clinic)**

- Send any findings, x-rays, EKGs, blood typing card, which are relevant to the operation to the clinic, or bring them with you to admission
- Send your lab values to the clinic in consultation with the referring doctor or bring them with you to admission (the values may not be more than one week old)
- Bring a doctor-prescribed medications along with dosing instructions with you to admission
- Reading materials and any reading aids
- Inform your family and friends: Visiting hours are continuous from 9 a.m. to 9 p.m.
- Leave jewellery and larger amounts of money at home (the clinic accepts no responsibility for the loss of valuables)
- You will not need any cash in the clinic (any purchases you make can be billed)
- Toiletry articles, pajamas or a night shirt
- As a private patient we will provide you with a bathrobe and slippers
- If physiotherapy is scheduled, please bring a track suit, good tennis shoes and walking sticks with you (if you already have them)
- For hygienic reasons, please remove any cosmetics and nail polish before admission
- All jewellery including piercings must be removed before the operation
- Bathe or shower on the day before with a normal soap that is easy on the skin
- Make sure you clean certain areas of the body thoroughly, such as finger and toenails, navel, ears, etc.

Please note that smoking is generally prohibited in our clinic (room incl. balcony, hallways, etc.). You can be reached through the switchboard (+41 43 268 70 70) or via your direct number which you will receive on admission. The Reception Desk is open workdays 6.30 a.m. to 9.30 p.m., Sundays and holidays 7 a.m. to 9.30 p.m.

### **Arrange or complete before departure**

- Arrange to be picked up (ask family/friends) or order a taxi or our limousine service from our Reception Desk
- If necessary and in coordination with the treating physician, arrange a stay at a rehabilitation or health care facility (in collaboration with our social services)
- Check out with the nurse
- Surrender the telephone card and your feedback form at the Reception Desk

We ask that you leave the room by 10 a.m. at the latest. You have the option of enjoying a coffee or lunch in the Restaurant Bethania Park (included in the daily rate).