

Advice Following a General Anaesthetic

Common side-effects following a general anaesthetic are:

- Nausea.
- Dizziness.
- Lack of concentration.

These effects can last for up to 24-48 hours while the anaesthetic drugs are still in your body. Because of this it is important that you are aware of the following:

- Do not drive or operate any type of vehicle, such as a car or bicycle.
- Do not operate electrical equipment such as a cooker or kettle.
- Do not consume alcohol.
- Avoid having a shower or bath until the day after the anaesthetic.
- Do not lock the bathroom or toilet door.
- Avoid greasy, fried or heavily spiced foods.
- Drink plenty of fluids other than alcohol.
- Rest as much as possible during the next 24 hours.
- Do not undertake any strenuous activity or heavy lifting.
- Beware of signing any important documents while still under the influence of anaesthetic drugs.

On returning home we advise you to rest for the remainder of the day, either in bed or on the settee. Do not have too early a start the following morning and increase your normal activities a little at a time.

Contact Details:

<p>Hinchingsbrooke Hospital Huntingdon, PE29 6NT Procedure Unit Telephone: 01480 428958 Daisy Ward Telephone: 01480 428959</p>	<p>Peterborough (City Hospital) The Emergency Gynaecology Assessment Unit (EGAU) Women's Health Outpatients, Bretton Gate, PE3 9GZ Telephone: 01733 673758 Open: Weekdays 0800-1800-phone line open until 1730 Weekends/Bank holidays 0800-1200</p>
<p>For emergencies only, out of these hours, please attend the Emergency Department</p>	

Within this leaflet we use the term woman/women, however we acknowledge that it is not only people who identify as women for whom it is necessary to access our services. We recognise the importance of providing inclusive and respectful care to all people and their families, including those whose gender identity does not align with the sex they were assigned at birth. Please let us know if there is anything we can do to make you feel more comfortable while you are under our care.