

INSTRUCTIONS BEFORE AND AFTER THE PROCEDURE

术前与术后注意事项

Day of the procedure: 手术当天

Arrival time: 到达时间

PRE-PROCEDURE INSTRUCTIONS: 术前注意事项

- ☐ **DO NOT EAT 6 hours (light meal without fatty food or meat) before arriving at the clinic**
请勿在到达诊所前 6 小时内进食（清淡饮食，避免高脂肪食物或肉类）。
- ☐ **DO NOT DRINK clear liquids (water, tea and coffee without milk) 2 hours before arriving at the clinic**
请勿在到达诊所前 2 小时内饮用任何透明液体（包括不加奶的水、茶或咖啡）。
- ☐ **DO NOT SMOKE 24 hours before arriving at the clinic**
请勿在到达诊所前 24 小时内吸烟。
- ☐ **FOLLOW the instructions about your usual medicines according to the pre-anesthesia consultation**
请根据麻醉前咨询的指导，遵循您平时用药的说明。
- ☐ **REMOVE jewelry, perfume, lotion, hair product, nail polish, make-up, contact lenses.**
You may wear your wedding ring if you'd like to.
请摘下所有首饰，避免使用香水、乳液、护发产品、指甲油、化妆品和隐形眼镜。可以佩戴婚戒。
- ☐ **Take please a shower at home before coming in the clinic**
请在家中洗澡后再前往诊所。
- ☐ **Please bring your file and consent form, lab tests, prescriptions of your medicines**
请携带您的档案和知情同意书、实验室检查报告以及药物处方。
- ☐ **While you are in the preparation area, please try to empty your bladder completely**
在准备区时，请尽量排空膀胱。



POST-PROCEDURE: (OUTPATIENT) 术后注意事项：（门诊手术）

- ☐ **Be accompanied by someone when you leave the clinic and for 24 hours at home**
离开诊所时及在家中 24 小时内，请有人陪伴。
- ☐ **Do not drive a car or another vehicle for 24 hours**
24 小时内请勿驾驶汽车或其他车辆。
- ☐ **Do not drink any alcoholic beverage**
请勿饮用任何含酒精的饮料。
- ☐ **Do not make any important decision**
请勿做出任何重要决定。
- ☐ **Take painkillers according the prescription if you feel painful**
如果感到疼痛，请根据处方服用止痛药。
- ☐ **You can drink and eat before leaving the clinic**
您可以在离开诊所前饮水和进食。



PLEASE CONTACT YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR: 如出现以下情况，请立即联系您的医生

- ☐ **FEVER > 38 degrees that lasts more than 2 hours**
持续超过 2 小时的发烧（>38 度）
- ☐ **Unusual bleeding**



INSTRUCTIONS BEFORE AND AFTER THE PROCEDURE**术前与术后注意事项****异常出血**

- ☐ **Unusual pelvic area discomfort**
异常的骨盆区域不适
- ☐ **Nausea, vomiting, diarrhea**
恶心、呕吐、腹泻
- ☐ **Sharp or shooting pain**
尖锐或刺痛
- ☐ **Pain or burning during urination**
排尿时有疼痛或灼热感
- ☐ **Abdominal swelling**
腹部肿胀
- ☐ **Unusual back pain**
异常的背痛

PATIENTS MUST STRICTLY FOLLOW DOCTOR'S INSTRUCTIONS

患者必须严格遵循医生的指示。