

Dagziekenhuis 2: concise checklist

Read all practical information about Dagziekenhuis 2 at:

www.uzleuven.be/dagziekenhuis-2

Hygiene

- ☐ Wash yourself thoroughly the evening before or on the day of the procedure. Your doctor will inform you if you need to use a special soap.
- ☐ Only shave the surgical area if instructed by your doctor. In some cases, shaving is not allowed to prevent local skin infections. If necessary, hair removal will be done at the day hospital.
- ☐ Remove all makeup, nail polish, artificial or gel nails, jewellery, piercings, and contact lenses.

Fasting (full details on www.uzleuven.be/nuchter)

- ☐ **Always follow the instructions you received by phone.** They may differ from the standard guidelines.
- ☐ **Clear liquids** (water, tea without milk, black coffee, fruit juices without pulp) are allowed up to one hour before your procedure.
- ☐ **Non-clear liquids** such as milk or fruit juices with pulp are allowed up to six hours beforehand.
- ☐ **Easily digestible food** such as toast or yoghurt may be eaten up to six hours beforehand.
- ☐ **Fat-rich food** takes longer to digest and should be consumed no later than eight hours before the procedure.

What to bring

- ☐ Identity card
- ☐ Hospitalisation insurance card
- ☐ Any required forms and certificates to be completed
- ☐ Your regular medication in its original packaging
- ☐ Any allergy card or list
- ☐ The completed informed consent form and questionnaire (if you had to fill these in at home and couldn't send them in on time, i.e. at least 7 days before your procedure)

Important information

- ☐ Wear comfortable clothing
- ☐ Leave valuables at home
- ☐ Limit your luggage to hand luggage size, even if you're staying more than one night.
- ☐ If you are scheduled to stay longer than one day, have your accompanying person bring your luggage to your hospital ward.
- ☐ Feel free to bring a book, stuffed toy, music player, or tablet... Wi-Fi is available.

- ☐ **Arrange your transport home** after the operation. You may only leave under supervision. Driving a vehicle (including a bicycle) is prohibited for the first 24 hours after surgery.
- ☐ Ensure you'll be under the supervision of an adult for the first 24 hours after returning home.
- ☐ Do not wear contact lenses on the day of the procedure. Bring your glasses case.
- ☐ If you take blood-thinning medication, follow the doctor's instructions.
- ☐ For your home medication, follow the doctor's instructions.