

Information about local and general anaesthesia, and sedation

With specific information regarding fasting, arrival times, and diabetic patients



*Mr David H Verity, MD MA FRCOphth
Consultant Ophthalmic Surgeon*

Surgery can be performed under topical or local anaesthesia with or without sedation, or under general anaesthesia.

1. Instructions for patients undergoing Local Anaesthesia without sedation:

1.1 Introduction

Where local anaesthesia alone is planned, surgery is normally performed in the ‘minor operation’ theatre on the ground floor of Moorfields Eye Hospital, and you will be asked to have a seat at the main reception of the hospital (opposite switchboard) beforehand. Please do not leave this waiting area, as Mr Verity may not be able to find you.

After obtaining consent, you will be asked to lie down on an operating bed, and, once comfortable, the local anaesthetic is delivered by very gentle injection – this is generally *not* very uncomfortable.

1.2 Fasting instructions for local anaesthesia alone:

All medications can be taken as usual, and no dietary changes are required, with the exception of certain tablets (such as aspirin) and spicy foods noted in the information leaflet ‘Tablets to stop before surgery’.

1.3 Diabetics having local anaesthesia alone:

Diabetic tablets or Insulin injections should be taken as usual before surgery.

1.4 Recovery and discharge

The local anaesthetic effect usually lasts up to 2 – 3 hours, and if analgesia is required after surgery, paracetamol can be taken. Chloramphenicol ointment (an antibiotic) is instilled in the eye, and an eye pad is usually placed over the eye for 12 – 24 hours – this can be removed at home.

Following surgery, the patient is able to go home without further delay, although should be accompanied by an able-bodied adult.

Instructions for patients undergoing Local Anaesthesia without sedation (cont.)

1.5 Postoperative treatment

Depending on the surgery, postoperative treatment can include lubricants, antibiotic eye drops, ointment and / or oral antibiotic tablets, to be used for 1 – 2 weeks. If the ointment is a little firm (or ‘waxy’), this can be softened by holding the tube in a glass of hot water for a minute.

2. Instructions for patients undergoing Local Anaesthesia WITH Sedation:

2.1 Introduction

Sedation is provided by a Consultant Anaesthetist in the main theatres at Moorfields. Anaesthetic medicines are given into the vein to make the patient feel sleepy, relaxed and more comfortable during surgery. Any discomfort from injections into the eyelids is greatly reduced and often patients are unaware that they have even taken place. Sedation can also offer advantages where there is significant anxiety, or the complexity of the surgery greater than for a minor procedure.

2.2 Recovery

Full recovery from the effects of sedation occurs within 60 – 90 minutes, with the patient ready to be discharged home within an hour or two of surgery (although always accompanied by an able-bodied adult).

2.3 Fasting

The instructions for **sedation** are the same as those for general anaesthesia.

Tablets: Patients can take all their usual tablets (please note the advice on Aspirin type tablets, and the section on Diabetes below, if applicable).

Solid food: Patients should eat no food (this includes sweets and gum) within SIX hours of surgery.

Fluids: Only WATER can be drunk within six hours of surgery: a maximum of 2 large cups or one small bottle.

Within two hours of surgery, NO water or any fluids can be drunk.

NB: Any fluids that are not clear (e.g. tea with milk) count as solid food: sedation is not possible for six hours after non-clear fluids.

2.4 Diabetic patients

Please see the section on ‘Surgery and Diabetes’

2.5 Arrival times

Surgery is performed in Main Theatre, and you will be asked to go to the reception of Cumberlege Ward on the fourth floor (Moorfields private wing).

To allow for possible early start times, the following advice is given:

Operation slot	Time of slot	Fast from	Arrive on ward
Morning	0830 -1230	Midnight	0745
Afternoon	1330 – 1800	0700	1100
Evening	1800 - 2000	1100	1400

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2.6 Discharge time after local anaesthesia with sedation

Overnight stay *not* planned: Depending on the recovery, patients are normally discharged home between two and four hours after surgery, but must be accompanied by an able-bodied adult.

Overnight stay *planned*: Patients are discharged between 0800 and midday the day after surgery.

Please note, rarely a patient may be kept overnight on the ward for medical or anaesthetic reasons, and the small possible increase in costs should be considered and agreed with the insurance company should an unplanned overnight stay be necessary.

(3) Instructions for patients undergoing General Anaesthesia

3.1 Arrival times

Surgery is performed in Main Theatre, and you will be asked to go to the reception of Cumberlege Ward on the fourth floor (Moorfields private wing).

To allow for possible early start times, the following advice is given:

When **general anaesthesia** is planned, surgery is performed in Main Theatre, and you will be asked to go to the reception of Cumberlege Ward on the fourth floor (Moorfields private wing):

Operation slot	24 hr clock	Fast from	Arrive on ward
Morning	0830 -1230	Midnight	0745
Afternoon	1330 – 1800	0700	1100
Evening	after 1800	1100	1400

3.2 Fasting

The instructions for **general anaesthesia** are the same as those for **sedation**.

Tablets: Patients can take all their usual tablets (please note the advice on Aspirin type tablets, and the section on Diabetes below, if applicable).

Solid food: Patients should eat no food (this includes sweets and gum) within SIX hours of surgery.

Fluids: Only WATER can be drunk within six hours of surgery: a maximum of 2 large cups or one small bottle.

Within two hours of surgery, NO water or any fluids can be drunk.

NB: Any fluids that are not clear (e.g. tea with milk) count as solid food: sedation is not possible for six hours after non-clear fluids.

3.3 Discharge time after general anaesthesia

Overnight stay *not* planned: Depending on the recovery, patients are normally discharged home between two and four hours after surgery, but must be accompanied by an able-bodied adult.

Overnight stay *planned*: Patients are discharged between 0800 and midday the day after surgery.

Please note, rarely a patient may be kept overnight on the ward for medical or anaesthetic reasons, and the small possible increase in costs should be considered and agreed with the insurance company should an unplanned overnight stay be necessary.

3. Instructions for Diabetic patients undergoing surgery

3.1 Introduction

- 3.1.1 Diabetics having local anaesthesia with sedation, or general anaesthesia, should take their normal diabetic tablets or Insulin injections before surgery.
- 3.1.2 However, patients who are fasting will have to adjust their diabetic medication.
- 3.1.3 Diabetic regimes are becoming increasingly complex with sometimes tablets combined with injections.
- 3.1.4 In order to provide exact advice, please provide Mr Verity or the Consultant Anaesthetist with the names, doses and times that all tablets and or injections are taken.
- 3.1.5 After adjusting medications, blood sugars may be higher than normal. This is usually better than running low and will not be harmful for 12-24 hours.
- 3.1.6 Patients should always bring all medicines with them.
- 3.1.7 They should also carry their blood glucose testing kit in case they feel unwell on the way to hospital.
- 3.1.8 Please keep a clear sugar drink (non sparkling ribena) or dextrose tablets.
- 3.1.9 If the blood sugars are low then breaking the fast with a sugar drink is preferable as this would only delay surgery by 4 hours.
- 3.1.10 If you must eat, then surgery would have to be delayed by 6 hours.

3.2 Diabetic patients having surgery with sedation or general anaesthesia at 1330 (1.30 pm).

- 3.2.1 Normal diet until 0730
- 3.2.2 Fasting period is **from 0730** (7.30 AM).
- 3.2.3 Water only may be drunk between 0730 and 1130
- 3.2.4 In the morning, **omit (do not take)** metformin, glibenclamide, or chlorpropamide (these are **longer** acting tablets).
- 3.2.5 Any other diabetic tablets that are taken in the morning can be taken with breakfast before 730
- 3.2.6 The morning dose of short acting insulins should be **reduced by half**.
- 3.2.7 The morning dose of long acting insulins should be **omitted (not taken)**.
- 3.2.8 No further diabetic medicines until after surgery.

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3.3 Diabetic patients having surgery with sedation or general anaesthesia at 1800 (6 pm):

3.3.1 Normal breakfast and lunch before 12 pm.

3.3.2 Tablets as normal in the morning with breakfast

3.3.3 If taken, short acting insulin can be taken at normal dose with breakfast

3.3.4 If taken, a long acting Insulin in the morning should be reduced by half

3.3.5 **Fast from 12 PM** (Midday, on the day of surgery)

3.3.6 If taken, omit (do not take) metformin, glibenclamide, or chlorpropamide (longer acting tablets) with lunch

3.3.7 Other short acting diabetic tablets can be taken with lunch

3.3.8 If taken, the lunchtime dose of short acting Insulin should be reduced by half.
