



Swiss
Paraplegic
Centre

The most
important
information
about your
operation

Inpatient operation

A warm welcome
to the Swiss
Paraplegic Centre

Contact information specialist secretariats

Affiliated doctors

ENT, operation planning, plastic surgery, visceral surgery, dentist

Monday to Friday: 8 am – 4 pm

+41 41 939 60 00

opdispo@paraplegie.ch

Neurourology

Monday to Friday: 7:30 am – 12 pm and 1:30 pm – 4:30 pm

+41 41 939 59 22

urologie.spz@paraplegie.ch

Centre for Upper Extremities, Hands and Shoulders

Monday to Friday: 8 am – 12 pm and 1:30 pm – 5 pm

+41 41 939 52 00

hch.spz@paraplegie.ch

Back Medicine & Orthopaedics

Monday to Friday: 8:30 am – 11:30 am and 1:30 pm – 4 pm

+41 41 939 57 88

wirbelsaeulenchirurgie@paraplegie.ch

Centre for Pain Medicine

Monday to Thursday: 8 am – 12:30 pm and 1:30 pm – 4:30 pm

Friday: 8 am – 12:30 pm and 1:30 pm – 4 pm

+41 41 939 49 00

zsm@paraplegie.ch

A warm welcome

We look forward to welcoming you to the Swiss Paraplegic Centre soon.

Our employees do their best to ensure that you always feel safe and in good hands with us.

You will find the most important information on your stay in this brochure.

We'll be happy to help you if you have any questions.

Before the operation

Anaesthesia consultation

You will be invited to an anaesthesia consultation before the operation. Before you are admitted, we will discuss the most suitable procedure for you as well as the anaesthesia procedure and answer any questions you may have. If you have received an information sheet on the anaesthesia procedures, please complete the form and bring it with you to the anaesthesia consultation. The doctor will be happy to answer any questions at the scheduled informational consultation for anaesthesia. If the consultation is scheduled by phone, please read the questionnaire before the consultation, fill it in and bring it with you to the meeting. We will then ask you to send us the questionnaire signed.

Please note the following:

- Tell your doctor or your anaesthetist about any sudden onset of feverish illness, cold, cough, open/infected wounds, injuries or sore throat, etc.
- Please report any artificial, loose or damaged teeth to the anaesthesia team. Any dentures must be removed before each operation.

- If you take blood-thinning medications such as Xarelto, Eliquis, Lixiana, Pradaxa, Marcoumar, Plavix, Clexane, Brilique, Heparin, Fragmin or Fraxiparine, please contact the anaesthesia team.
- Please inform the anaesthesia team if you wear contact lenses.
- If you have any questions or are unclear about your anaesthesia, please contact our anaesthesia team: +41 41 939 69 44

Admission time

You will receive an invitation from the secretariat with the respective admission time or informing you about your exact admission time on the last working day before the operation. If you have any questions about admission time or admission date, please contact the relevant specialist secretariat. You can find the respective contact information on the second page.

Arrival in the Swiss Paraplegic Centre

When you arrive, report to Patient Reception. If your admission date falls on a Sunday or before 7:30 am, please contact the Information desk in the entrance hall.

Personal valuables

We recommend that you do not take any valuables and only the bare essentials with you. We cannot accept any liability for stolen or lost items. Please also note the checklist for admission to hospital.

Mobile phones, necklaces and bracelets with magnets

Mobile phones as well as necklaces and bracelets with magnets

may cause electrical interference fields during examinations.

Clothing

For your well-being, we recommend that you wear comfortable clothing and non-slip shoes.

Stay

Your room

Each room has a multimedia terminal and its own wash room on the acute wards. With the multimedia terminal, you have a modern terminal with telephony, TV, radio, games, magazines, Internet and patient intranet.

Hotel Service

The Hotel Service team will inform you of the wide range of hospitality services available. During your stay, members of the Hotel Service will be happy to help you select and order your meals and drinks.

Visiting hours

You may receive visits at the following times:

- 1 pm to 8 pm in the Intensive Care Unit
- 11 am to 8 pm in your room
- 11 am to 10 pm outside the room and Intensive Care Unit

Visitors may only be received outside normal visiting times if this is arranged with the nursing staff.

Preparing for the operation

Medication

Take prescribed medication on the day of the operation, as discussed with your anaesthetist. Please bring all medications that you regularly take in the original packaging together with the medication card with you.

If you are unsure, please contact the anaesthesia team.

Food and drink

You should have an empty stomach for the intervention. This means that you may eat and drink up to six hours before operation. After that, you may still consume clear liquid beverages, such as tea, coffee without milk, juices without pulp, unsweetened drinks and water (carbonated or still). Also refrain from drinking or smoking

two hours before admission. Exception: Prescribed medication with a sip of water is allowed.

Hygiene

For hygienic reasons, take a shower or wash in the morning before admission. Do not use body cream or make-up on the morning of the operation and remove nail polish or gel nail polish from at least one fingernail. Please do not shave or remove hair from the operation area.

Jewellery

Any jewellery must be removed for the operation – this also applies for piercings. It is best to leave them at home.

The operation

You will be taken by the transport service in your bed from the ward to the operating theatre, where you will be welcomed by the anaesthesia team for preparation. Our highly-trained

anaesthesia team and state-of-the-art infrastructure is available before, during and after the operation. After the operation, you will be monitored in the recovery room until your vital signs such

as pulse, blood pressure and breathing are stable. After major operations or respective accompanying illnesses, you will be monitored around the clock in the Intensive Care Unit after the operation.

After the operation, the surgeon will inform your relatives about the outcome of the operation if you have indicated this when consenting to the operation.

On the same day, you will be seen on the inpatient ward and likewise informed about the outcome of the operation.

If you have any questions about your planned operation in advance, please feel free to contact the relevant division – you will find the coordinates on the second page of this brochure.

Discharge

The time of discharge will be determined in consultation with the attending doctor. Please leave the room and the ward on the day of discharge by 10 am. Before you are discharged, you will be advised by the ward physician on how to take your medication.

You will also be informed of any therapies, physical rest as well as any anticipated incapacity for work.

If you experience problems at home, contact your attending doctor first.

If you are unable to reach your doctor, please call our main number:

+41 41 939 54 54

Even before you are admitted, please think about your discharge and continued care at home. Depending on the operation, you might be physically restricted and need support at home. A possible transfer to follow-up rehabilitation is usually discussed and organised before the patient is admitted to hospital.

Checklist for your stay

Before your stay

- Organise your outward and return journey
- Inform a contact person about your stay
- Arrange for postal delivery during your absence
- Emptying the mailbox, watering the plants, depositing the keys

Take the following with you when you are admitted

Documents

- Insurance card from your health insurance company

If available:

- Allergy and implant card
- Diabetes card
- Port-a-Cath ID
- Copy of patient decree, advance care directive, deputisation arrangement
- Completed anaesthesia questionnaire

Medication

- Current medications in original packaging
- Medication card

Personal items

- Comfortable clothes and non-slip shoes
- Reading, music for relaxation
- Toiletries
- Pyjamas or nightgown
- Glasses or contact lenses (with moisture container)
- Hearing aid
- Own aids such as walking aids or walkers
- Electronic devices (mobile, tablet, etc. with charging lead)

Before the operation

- Shower or wash in the morning before the operation
- Do not use body cream or body lotion
- Do not use any make-up or personal care products
- Eat and drink only as instructed by the anaesthetist
- Remove jewellery and piercings
- Remove nail polish or gel nail polish from at least one fingernail
- Do not shave or remove hair from the operating area
- Do not eat anything six hours before the operation
- Do not drink or smoke two hours before the operation

Quick and easy travel to Nottwil

The Nottwil campus is quick and easy to find, no matter which direction you are coming from. Both by car and by public transport.

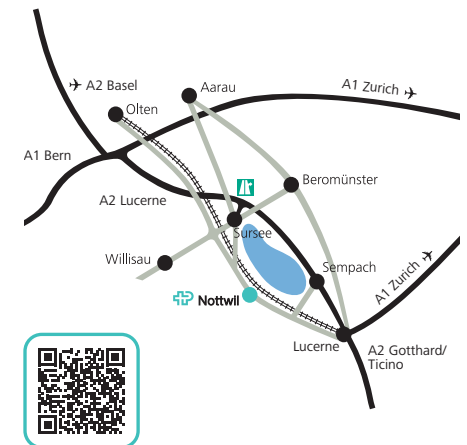
By train and bus

The campus is a ten-minute walk from Nottwil railway station, where there are trains every half hour to and from Lucerne and (via Sursee) to and from Basel, Bern, Geneva and Zurich. Nottwil railway station is wheelchair-accessible. The clinic also has its own bus stop connected to the regional bus network.

By car

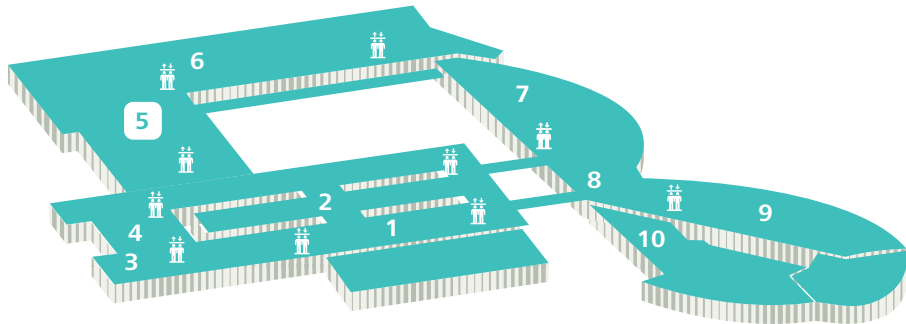
Nottwil is not far from the A2 motorway (Basel to Lucerne). Take the Sursee exit and follow the signs to the Swiss

Paraplegic Centre. Here, there is a multi-storey car park with chargeable parking spaces.



Site plan Swiss Paraplegic Centre

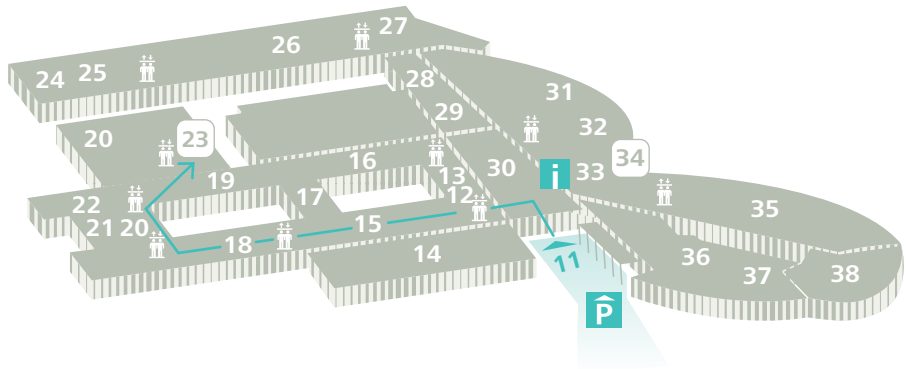
1st floor



1st floor

- | | | | |
|---|---|----|---|
| 1 | Neurourology | 7 | Neuropsychology |
| 2 | Office Medicine and Management | | Robotics/Hand Therapy |
| 3 | Radiology (CT, MRI) | | Training and Practice Apartments |
| 4 | Laboratory | | Discharge Room |
| 5 | Operating theatres Anaesthesiology Recovery room | 8 | Education Room Peers and Employee dining room (room name: Casino) |
| 6 | Intensive Care Unit/ Ward A (Rooms 121–140) | 9 | Ward F (Rooms 151–165) |
| | | 10 | Information Technology |

Ground floor



Ground floor

- | | | | |
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| 11 | Main entrance | 27 | Atelier for Creativity/ Music Therapy/ Art Therapy/Feldenkrais |
| 12 | Pharmacy | 28 | Table Tennis |
| 13 | Hairdresser | 29 | Medical Training Therapy/MTT |
| 14 | Indoor swimming pool | 30 | Meeting Hall |
| 15 | Dentist | 31 | Registration for Outpatient Treatment |
| 16 | Sports Medicine | 32 | Restaurant Centro |
| 17 | FES Centre | 33 | Information Post Office Counter |
| 18 | Outpatient Care Unit (Neurology, Plastic Surgery) | 34 | Patient Reception |
| 19 | Speech Therapy | 35 | HR/Finances/Hospitality/ Discharge Room |
| 20 | Centre for Pain Medicine | 36 | Prayer Room/Oratory |
| 21 | Back Medicine & Orthopaedics | 37 | Auditorium |
| 22 | Interventional Medicine (IVM) | 38 | ParaForum |
| 23 | Anaesthetic Consultation | | |
| 24 | Social Advice | | |
| 25 | Psychology | | |
| 26 | ParaWork | | |

 Entrance to multi-storey car park  Lift



Nottwil Campus

A Swiss Paraplegic Centre SPC

- A1 ParaForum Visitor Centre
- A2 Aula
- A3 Pharmacy
- A4 Orthotec
- A5 ParaHelp

B Guido A. Zäch Institute GZI

- B1 Swiss Paraplegic Foundation SPF
- B2 Swiss Paraplegic Research SPR

C Hotel & Conference Center Sempachersee HSS

- 1-5 HSS Pavilion
- C1 SIRMED Swiss Institute of Emergency Medicine

D Multi-storey car park

E Orthotec Vehicle Adaptation

F Swiss Paraplegics Association SPA

G Training Centre

H Military Hospital

I Hippotherapy and Therapeutic Riding Centre Eyhof

K Paradiesli Daycare

- Entrance
- ⓘ Information
- Ⓟ Multi-storey car park A/B for SPC
- Ⓟ Multi-storey car park C/D for HSS and GZI



Info and contact details

+41 41 939 54 54, spz@paraplegie.ch