

Excellence in rural healthcare



## **Instructions to patients who have had a General Anaesthetic**

Day Ward  
Grantham & District Hospital  
Telephone: 01476 464408

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic you are under the influence of drugs and it is important to obey the following instructions:

1. Do not drive a vehicle or ride a bicycle.
2. Do not operate complicated machinery or appliances.
3. Avoid alcohol and smoking.
4. Do not lock the bathroom/toilet door or make yourself inaccessible to the person looking after you.
5. Drink plenty of fluids and eat a light diet, avoiding heavy or greasy food. You may eat and drink normally 24 hours after the operation.
6. Take things easy the day after your operation. Avoid strenuous exercise.
7. Do not make important decisions or sign important documents for 24 hours after your anaesthetic.
8. There must be a responsible adult at home to look after you overnight.
9. If you have any problems after you return home, please contact your own GP.

## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)