



CAROLINA
medical center
GRUPA LUXMED



Partner Medyczny
Polskiego Komitetu Olimpijskiego



Make an appointment:

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More information:

| 🌐 | carolina.pl

Find us here:



IMPORTANT INFORMATION FOR PATIENTS UNDERGOING SURGERY



**THANK YOU FOR CHOOSING CAROLINA MEDICAL CENTER.
WE WILL DO OUR BEST SO THAT YOU FEEL COMFORTABLE
AND FULLY CARED FOR.**

WHAT TO TAKE TO THE HOSPITAL

- Identity document (Passport),
- Available medical documentation,
- Medications you take,
- Basic toiletries (putting on body lotion is not allowed),
- Towel,
- Slippers,
- Two pajamas (preferably loose, which do not limit movement),
- Sports clothing for rehabilitation (loose shorts, T-shirt, sports shoes).

Please make sure your nails (on fingers and toes) are not painted, varnished nor covered in any way – the natural color of nails is an important indication of your condition during the surgery.

WHEN TO REPORT TO THE WARD

As a standard, admission to the hospital ward takes place **the day before** the scheduled surgery, **between 5 p.m. and 8 p.m.** or at another time, according to the doctor's instructions. If there are no contraindications, you will be offered supper which is served at 6 p.m.

In order to be admitted to the hospital, you should report to the Hospital Care Coordinator whose office is located on the 2nd floor. Coordinator ensures that all formalities prior to admission to the hospital have been completed (all recommended medical consultations have taken place or are scheduled at the ward, laboratory and diagnostic tests have been performed, the contract has been signed and the payment has been settled).

Coordinator escorts you to the hospital ward. A minor should report to the hospital along with a parent / legal guardian.

RULES OF THE HOSPITAL WARD

Based on your preferences, you will be hospitalized in private or semi-private room. Each room has its own shower and toilet. You will be sharing these facilities with other patient if you choose to stay in semi-private room. Among other amenities, you will find TV, free Wi-Fi and nurse calling system in each room.



Contacting a doctor or nurse

Medical rounds at the ward are carried out every day. During round, you will have a possibility to discuss all your medical concerns with a doctor. You can also contact on-call doctor at any moment. Moreover, in every room there is a nurse call button system, with which you can call a nurse.



Going outside during hospitalization

Please keep in mind that you must not leave the ward without permission of a doctor or nurse.



Meals

During hospital stay you are guaranteed full board. We take into account every medical recommendation regarding patient's diet, and if it is possible also diet preferences resulting from tradition or religion.



Visits

Hospital ward is open for patient's guests from 8 a.m. to 10 p.m. Visitors are asked to leave their outer wear in the locker room on the ground floor. There is a free parking at your visitors' disposal.

MEALS TIMES:



BREAKFAST – 8 a.m.

LUNCH – 1 p.m.
(main meal of the day)

Supper – 6 p.m.

FULL INFORMATION ON RULES WHICH SHOULD BE FOLLOWED AT THE WARD IS AVAILABLE IN ROOMS OR CAN BE OBTAINED FROM NURSES. PLEASE MAKE SURE YOU READ THEM.

HOW TO PREPARE FOR THE SURGERY

Please strictly follow instructions of doctors and nurses.

Few hours prior to your surgery, the nurse will ask you to take a shower with a special antiseptic soap which will be provided to you by a nurse. After shower you will be asked to wear special outfit. You might also receive special medications. You will be escorted to the surgical unit by the nurse.

THE ENTIRE HOSPITAL STAFF WISHES YOU A QUICK RECOVERY