

Dr Marthinet Niemandt

Specialist Anaesthesiologist

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Anaesthesia Information Leaflet

○ General information

Dr Marthinet Niemandt is a specialist anaesthetist. Her responsibilities are to assess your health, administer your anaesthetic and care for you during and directly after surgery. A specialist anaesthetist is a qualified medical doctor who has trained for an additional minimum of 4-5 years, done research and passed the relevant national exams in the field of anaesthesiology.

○ Preoperative consultation

You will meet your anaesthetist after admission to the hospital, prior to your procedure. She will address any concerns you may have regarding the surgery, recovery and billing. Due to unforeseen circumstances this consultation may happen in the admissions area of the theatre complex.

○ Do's and Don'ts

Please take your chronic medications with a small sip of water as per usual unless otherwise specified by your surgeon. Do NOT eat anything for 6 hours prior to your procedure. Please DO have a glass of water two hours prior to the procedure and nothing thereafter.

○ Types of anaesthesia

A *general anaesthetic* is a mixture of drugs to keep you unconscious and pain free during an operation. Drugs are injected into a vein and/or breathed in as gases into the lungs. A breathing tube will be put into the back of your throat to help you breathe while under the anaesthetic. The tube is removed as you wake up after surgery. *Sedation* is a "lighter" general anaesthesia without a breathing tube. This is only suitable for selected patients and certain specific procedures and the risks are the same as for a general anaesthetic. *Regional anaesthesia* is where a large part of the body is numbed for surgery. Examples include epidural and spinal anaesthesia as well as "nerve blocks". These techniques are used to stop pain during the operation, and/or to minimise pain afterwards.

○ Personal information

The patient or guardian gives the anaesthetic practice permission to share relevant clinical and demographic information with members of the treatment team, medical aid, billing company, legal representatives and debt collectors on the condition that the information is kept confidential.

○ Anaesthesia bill

The anaesthesia fee is not included in the surgeon's bill or the hospital's bill. All medical aid plans reimburse practitioners differently and so may cover anything between a third up to the full cost of the anaesthetic bill. *This is not the same as the "100% rate" that was one-sidedly decided by the funders, previously known as the "medical aid rate"*.

Please note that our practice charges full private practice rates. Depending on the cover you have with your medical aid this rate may not be entirely covered, even when you have "authorisation" for a procedure. In this case a co-payment from the patient or guarantor will be required. Our practice charges a scheme rate for patients on the Discovery Classic, Discovery Executive, Fedhealth and Netcare plans.

The patient or guarantor is personally responsible for settlement of the account. In an effort to limit the co-payment our practice is happy to discuss an arrangement for discount for early payment.

- Cost estimate

A cost estimate for the anaesthetic service can be prepared prior to your procedure. This is an estimate only and while every effort is made to ensure its accuracy, the actual amount may vary with time taken for the procedure or if any unforeseen, additional procedures performed. The practice will make a reasonable effort to provide you with this cost estimate prior to the procedure where practically possible.

- Consent for anaesthesia

By law it is required that you give written permission for the anaesthetist to administer anaesthesia. Only sign the document if you feel appropriately informed about the anaesthetic, including the potential risks and complications associated with it.

If you have any questions regarding the content of this document, please feel free to contact me either at my email address or on the cell number below. I look forward to making your operation a safe and pleasant experience.

Yours sincerely

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