

Limmat

KLINIK

WELCOME

Patient Information



CONTENTS

01 Before your procedure

01 Anaesthesia

02 Fees

02 Preparation

03 Travel

04 Your stay with us

04 Outpatient packing list

04 Inpatient packing list

05 Outpatient stay

06 Inpatient stay

07 Room and telephone

08 Parental bed

08 Cafeteria

09 Visiting times

10 Being discharged

10 Feedback

10 Post-operative discomfort

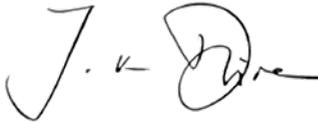
Dear Reader,

Welcome to the Limmatklinik and thank you for your trust. As a patient, you and your well-being are at the heart of everything we do.

To help you prepare for your treatment, we have compiled all the information relevant for your stay with us here in this brochure.

All the staff at the Limmatklinik will do their utmost to make your time with us as pleasant as possible.

Kind regards,

A handwritten signature in black ink, appearing to read 'J. v. Düren'.

Dr. med. Jennifer van Düren
Clinic Management



1

BEFORE YOUR PROCEDURE

Ideally, you will be referred by your general practitioner (GP) to a surgeon working at the Limmatklinik. As part of the planning for your procedure, the responsible surgeon will register you at the Limmatklinik for a surgery date.

At least one week before the procedure, you will receive all the necessary information from the Limmatklinik by post. Please do not hesitate to contact us if you have further questions.

Anaesthesia (narcosis)

As part of a planned procedure under anaesthesia, you will receive a call from the anaesthetist in advance to discuss the most important points with you again and to answer any questions you may have. Please adhere to the guidelines discussed. If you have any further questions, please do not hesitate to contact our anaesthesia team. If you would like a personal consultation with an anaesthetist at the Limmatklinik in advance, we are happy to arrange one for you.



Limmatklinik Appointments/Admissions Team

Telephone: +41 44 448 32 23

Email: disposition@limmatklinik.ch

Fees

Provided a cost guarantee has been obtained, fees for outpatient and inpatient procedures in accordance with the hospital list of the Canton of Zurich are covered by your health insurance provider. Additionally, for patients with supplementary insurance, fees are covered in most cases if there is a corresponding agreement in place. Check with your insurance provider or with us regarding the planned procedure and the assumption of costs. For patients who require treatment covered by accident, disability or military insurance, fees are covered by the appropriate insurance provider. You are yourself responsible for paying the cost of procedures not covered by health insurance (e.g., aesthetic operations).

Preparation

On the day of your operation, please do not use any make-up or body lotions and remove any hairpieces or piercings. Clear / skin-coloured nail polish or gel may be left on, except in the case of hand or foot surgery, where gel and/or nail polish must be completely removed. We kindly ask that you leave any valuables such as cash and jewellery at home.

If you are undergoing varicose vein surgery (varicose veins), we ask you to follow your surgeon's hair removal instructions.

During the course of the internal preoperative assessment, we will ask you several times for your personal details, such as name and date of birth, as well as your procedure. This is for your safety.

Travel

The Limmatklinik is located in Zurich-West at Hardturmstrasse 133, 8005 Zurich. You can easily reach us using public transport.

From Zurich Hauptbahnhof (Zurich main train station) using tram number 17 towards Werdhölzli as far as the stop Fischerweg.

From Bahnhof Hardbrücke using tram number 8 towards Zurich Hardturm as far as the stop Fischerweg.

For patients arriving by car, you can use the public car parks Limmatwest and P West. These are located only a short distance from the Limmatklinik.

- P West, Förrlibuckstrasse 151
- Limmatwest, Hardturmstrasse 134

The Limmatklinik entrance is diagonally opposite the tram stop. Please report to the reception on the 4th floor.



2 YOUR STAY WITH US

On the agreed day, come to the Limmatklinik reception on the 4th floor at the specified time. Depending on bed availability, your room will at the latest be allocated following your operation. The transport and security of your luggage will be taken care of. To ensure that you have everything you need for your stay with us, please find a check list below.

Surgical preoperative assessment is carried out by our anaesthesia team's specialist staff. During the operation, you are in the hands of experienced specialists.

The attending physicians working in the Limmatklinik are exclusively senior physicians with many years of experience. In addition, we guarantee the 24-hour presence of a consultant anaesthetist in our clinic.



Packing list

OUTPATIENT

- Health insurance provider insurance card
- Personal medications
- Medication a (if available)
- Allergy passport (if available)
- Comfortable clothing
- Personal effects (reading materials, glasses, etc.)

INPATIENT

- Health insurance provider insurance card
- Personal medications in the original packaging, as well as an up-to-date medication list from your attending GP
- Allergy passport (if available)
- Toiletries
- Underwear
- Pyjamas/nightgown
- Comfortable clothing
- Slippers
- Mobile phone, including charger cable
- Personal effects (reading materials, glasses, etc.)

Outpatient stay

You will be assessed for the upcoming procedure by our nursing staff as part of an outpatient appointment on the 3rd floor. You can securely store your clothes and valuables in a locker. Caregivers may wait in the cafeteria on the 4th floor, or we will notify them when you are ready to be collected.

During the operation, you are in the hands of experienced specialists. After the procedure and a short recuperation period, outpatients will receive a snack voucher for our cafeteria. Once you have received the necessary information from our nursing staff, you can once again leave the Limmatklinik. Following a general anaesthetic, you must always be accompanied during your return journey. We will be happy to order a taxi for you upon request.

After the operation, you will be cared for by your surgeon or GP and, if necessary, by Spitex.





Inpatient stay

If you stay at our clinic overnight, you will be transferred from the recovery room to your room by our nursing staff following the procedure.

The qualified nurse assigned to you is your direct point of contact and will support you around the clock as required. Our clinic hotel services team will inform you about the features of the room and assist you with the menu and drinks selection. If you have any special catering requests or special dietary requirements, please contact the Limmatklinik appointments/admissions team in advance on +41 44 448 32 23. Meals are sourced from a well-respected kitchen in the canton of Zurich.

On the day you are discharged, you will receive breakfast at the clinic and leave the clinic by 9:30 am. Afterwards, you can be picked up by a caregiver and taken home. After the operation, you will be cared for by your surgeon or GP and, if necessary, by Spitex.

Visiting times

Our visiting times for all departments are 10:00 am to 8:00 pm. Parents of children are welcome at any time.



Rooms

You will be delighted with our modern, stylishly furnished rooms. They have a wet room as well as air conditioning and a television. A lockable compartment is also provided in the room for your valuables.

If you would like a single room or to recuperate in one of our comfortable suites, please contact the Limmatklinik appointments/admissions team. We are happy to provide you with information on prices and availability.



Limmatklinik Appointments/Admissions Team

Telephone: +41 44 448 32 23

Email: disposition@limmatklinik.ch

Parental bed / additional bed

For all patients under the age of 16, or for patients dependent on care from relatives, the Limmatklinik offers an additional bed in the patient's room, including breakfast, for a small fee. For privately insured children, we offer free overnight accommodation, including breakfast, for one parent. Additional meals can be ordered for an extra charge.

The additional bed fee can be paid for by debit card or cash upon discharge from our clinic. The assumption of costs is not a compulsory benefit of the health insurance provider.

If you would like an additional bed, please contact the Limmatklinik appointments/admissions team.

Cafeteria

There is a cafeteria on the 4th floor for our patients and their relatives. It offers drinks and snacks. The self-service cafeteria offers an additional selection of seasonal dishes over lunch.



3 BEING DISCHARGED

Your opinion is important to us

We hope you enjoyed your stay with us. To provide feedback on your stay, please feel free to contact us via info@limmatklinik.ch.

Postoperative, physical discomfort

If you experience more severe physical discomfort than expected after being discharged from the clinic, please call the emergency number of your attending physician or the emergency number "Ärztefon": 0800 33 66 55.

We are pleased to support you and wish you a pleasant stay at our clinic.

Your Limmatklinik Team



Marcel Biegger
Clinic Manager



Dr. med. Sandra Becker
Medical Director



Irène Weber
Head of Nursing



Nadja Maier
*Head of Appointments/
Admissions*



We're here for you.

Do you have a query or would you like further information?

Call us on: **+41 44 448 30 30**

or send us an email at: **info@limmatklinik.ch**

Arrival by car

For parking, you can use the following car parks

P West, Förrlibuckstrasse 151

Limmatwest, Hardturmstrasse 134

Arrival by tram

From Zurich Hauptbahnhof (main train station) using tram number 17 towards Werdhölzli as far as the stop Fischerweg.

From Bahnhof Hardbrücke using tram number 8 towards Zurich Hardturm as far as the stop Fischerweg.



Limmatklinik AG

Hardturmstrasse 133, CH-8005 Zurich

Telephone: +41 44 448 30 30

info@limmatklinik.ch, www.limmatklinik.ch

A company of the
NSN medical group

