

Ambulatory Spinal Anaesthesia in 8 Steps



- Keep it simple
- Sitting position
- Aperture orientated cephalad
- Lay supine after injection



- Offer patients the option of spinal anaesthesia early in their journey
- Involve surgeons & pre-assessment nurses



- Chlorprocaine
- 40 min operation
- Ambulation ~ 120 minutes (adjust dose once familiar)



- Hyperbaric prilocaine
- 90 min operation
- Ambulation ~ 240 minutes (adjust dose once familiar)



- Maintain venous return
- Don't sit patient up too quickly after injection



- Unless indicated limit intraoperative fluid to 500 ml
- Patients do not routinely require a urinary catheter



- Discharge ready when:
- Straight leg raise
 - Sole sensation
 - Hallux proprioception



- If starting service, audit & follow up patient outcomes

