Ambulatory Spinal Anaesthesia in 8 Steps

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

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

3. 5 ml 1% Ampres®
   - Chloroprocaine
   - 40 min operation
   - Ambulation ~ 120 minutes (adjust dose once familiar)

4. 2.5 ml 2% Prilotekal®
   - Hyperbaric prilocaine
   - 90 min operation
   - Ambulation ~ 240 minutes (adjust dose once familiar)

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

6. Maintain venous return
   - Don’t sit patient up too quickly after injection

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

8. If starting service, audit & follow up patient outcomes