

Preparing for Surgery

Surgery Date: _____

The Operating Room Scheduling Office will call you between **2:00PM-4:00 PM** on the business day prior to your surgery. Your expected arrival time for surgery (you will be called on Friday if your surgery is scheduled for Monday) will be given at this time.

Your Pre-Admission Interview

- The Preadmission Testing Coordinator will call you to schedule preoperative interviews and Covid-19 testing with our pre-admission health care team. Appointments will include a call from a pre-admission nurse, and may include a Telehealth visit with the Nurse Practitioner.
- If you do require a Telehealth appointment with the Nurse Practitioner, plan for a 60-minute virtual appointment.
- You will be scheduled for a Covid-19 test 48 to 72 hours prior to the date of surgery. If you miss this appointment, your surgery may be cancelled or rescheduled.
- Please have a list of all of your medications including prescription medicines, non-prescription medicines, vitamins, herbs, supplements and medical marijuana. Also provide a list of all of your allergies.
- Please inform the PAT nurse if you have a pacemaker, nerve stimulator or any device implanted in your body.
- Your surgeon and/or preadmission staff will tell you about the medicines to take on the day of surgery and those to hold.

Days/Weeks Leading up to Surgery

- **Contact your surgeon's office if you develop cold or flu symptoms, sore throat, fever, productive cough, or drainage from the eye; or if you have any skin irritation, cut or a rash near the operative site.** If you arrive with any of these symptoms on the day of surgery your operation may be cancelled.
- **If you are scheduled to go home on the day of your surgery you must arrange for a responsible adult to take you home.** You may not go home in a taxi or via the RIDE or a hired car (Uber, Lyft, etc.) unless accompanied by a responsible adult (in addition to the driver). Your surgery will be cancelled if you do not have safe transportation home accompanied by a responsible adult.

Medications

- **For 7 days before surgery**, please do not take pain relievers that can increase the risk of bleeding, such as Motrin, Advil (ibuprofen); Aleve (naproxen), and Celebrex (celecoxib). If you are not sure whether it is okay to take a certain pain reliever, ask your surgeon or the pre-admission staff.
- If you are on **blood thinners**, please be sure you get special instructions about this medicine from your surgeon's office or the physician who prescribes the medication. If you take aspirin to help thin your blood, please continue to take it as usual. **Do not stop taking blood- thinning medicine unless you are specifically told to do so.**
- **If you take aspirin every day for heart disease or to help prevent blood clots, please continue taking it, unless instructed otherwise by your surgeon.**

Preparing for Surgery

Eating and drinking

- **After midnight the night before surgery, do not eat anything including gum or mints. You are encouraged to drink up to 20 ounces of Gatorade or Powerade as instructed on the morning of surgery. This needs to be completed NO LATER than 2 hours before your arrival time.** (If your surgery is in the early morning you may drink the Gatorade in the late evening instead) ****If you are diabetic, please have water instead of Gatorade**.** Please review written Hydration Protocol provided by your surgeon or if your surgeon gave you individualized instructions, please follow their advice.
- **You may take approved medicines with a small sip of water.** You may brush your teeth or use mouthwash, but please do not swallow as this is not considered a clear liquid. Your surgery will be cancelled if these instructions are not followed.
- **If you have diabetes, follow the instructions you were given about taking your insulin or other diabetes medications on the morning of surgery.** If you become hypoglycemic you may take glucose gel or drink 4 ounces of apple juice (clear). Do not use glucose tablets.

Other

- If instructed by your surgeon, please follow all skin preparation instructions given to you.
- Wear loose, comfortable clothing. Please bring any devices you may need such as a sleep apnea machine, a brace or a surgical girdle.
- Do not wear any jewelry, makeup, or body lotion. Please remove any body piercings as well.
- Do not bring anything of value with you. The hospital cannot be responsible for valuables.

Arrival at the Hospital

- Please report to the Surgical Services desk via the Highland Street lobby entrance at the time you were instructed.
- Bring your photo ID and your completed Health Care Proxy.

In the Pre-Operative Area

- You will meet your pre-operative nurse, who will be happy to answer any questions you may have or address any concerns.
- Tell your nurse where your loved ones can be reached once your surgery is over.
- You will be helped into a hospital gown. You will meet members of your surgical team. You may be asked many of the same questions by different people you meet. Some of the questions may seem silly. ("What operation are you having today?") This is for your safety. Please answer all the questions completely, even if you think we have the information.
- One or more intravenous lines (IVs) will be started.
- You will be given medicine to help you relax before surgery. You may start to feel sleepy or lightheaded. Please do not get up to walk after this medicine is given. If you need something, ask your nurse for help.
- Due to unforeseen circumstances (such as emergencies) your surgery time may be delayed. We will make every effort to let you know about delays.

Going Home

- If you are having outpatient surgery, most patients should plan to be discharged 1-2 hours after the completion of their surgical procedure.
- If you will be staying at the hospital overnight following your procedure, you should expect to be able to go home before 12:00 PM on your discharge date.

Family and Friends

- Due to the current Pandemic visitors are not allowed in the Preoperative or Recovery Room areas.

Case Management

- The Case Management Department includes specially trained registered nurses and a licensed social worker.
- Our team is committed to providing support through your illness and helping you plan your transition from the hospital.

If you have any further questions, please contact your surgeons' office.