

# Planning For Surgery



**Date of Surgery:** \_\_\_\_\_

Your surgeon's office will contact you with a check in time and location.

**Important Icons:**

= Please follow or you may experience a delay or cancellation in surgery.

## Leading up to Surgery

### Transportation:

- Arrange for an adult to take you home upon discharge.
- If the plan is for you to go home same day, please ensure your ride will remain at Memorial during your entire surgery and arrange for someone to take care of you for 24 hours following your surgery.

### Medications:

- Ask your surgeon's office about when to stop blood thinners, Aspirin, anti-inflammatory medications and herbal and dietary supplements. Examples include Ibuprofen, Aleve, Advil, Motrin, Naprosyn, Garlic supplements and/or Fish Oil supplements.

### Please Remember:

- It is best to stop smoking a few days before your surgery. **All tobacco, e-cigarettes and marijuana products including chewing tobacco must be stopped at midnight the day before your surgery.**
- Call your surgeon if you develop a fever, cold, have a break in skin near the surgery site or any other changes to your health.

**Instructions from your Surgeon:** \_\_\_\_\_

**Call your Surgeon's office for:** \_\_\_\_\_

## One Day Prior to Surgery

### Personal Preparation:

- Do not shave the surgical area for 2 days before your surgery.
- Shower the night before surgery or morning of the surgery.
  - Follow prep as instructed for: Shower                      Scrub                      Douche
  - Your prep is to be done the night before and day of surgery.

### Medications:

- Discontinue any erectile dysfunction medications (e.g. Viagra, Cialis) 24 hours prior to surgery.

### Please Remember:

- If you do not know your surgery check-in time by 4pm the day before your surgery, call your surgeon's office.

## Morning of Surgery

### Dietary Preparation:

- Eat NO solid food after midnight prior to surgery.
- Between midnight and 2 hours prior to surgery check-in, you may have water, apple juice, tea or coffee (**No Cream, Milk or Sugar**). Nothing else is allowed.
- Infants (up to 12 months) are allowed breast milk up to 4 hours prior to surgery check in. Formula is allowed up to 6 hours prior to surgery check-in.
- Do not smoke, use chewing gum, chewing tobacco, or throat lozenges.

### Medications:

- Take your heart, blood pressure, acid-reflux, thyroid, and anti-seizure medications on the day of surgery, unless instructed otherwise by your surgeon's office. \_\_\_\_\_
- Medications should be taken with liquids labeled above and no later than 2 hours before check-in.

### Personal Items:

- Wear comfortable loose fitting clothes and shoes.
- Do not wear make-up or jewelry and remove all body jewelry/piercings.
- Bring these medical devices: inhalers, CPAP, crutches, braces, prostheses and any implant registration cards.
- Bring other items: ID card, insurance card, money for prescription copays and advance directives.
- Leave at home: valuables including jewelry, wallet, purse, electronics and medications.

## Diabetic Patient Instructions

### Night before surgery:

- Take ½ your dose of Insulin.
- If you wear an insulin pump, run the pump at basal rate the night before and day of surgery. If your blood sugar is less than 80 the morning of surgery – STOP the infusion.

### Morning of Surgery:

- If your blood sugar is less than 80, you may drink 4 ounces of apple juice every 15 minutes until your blood sugar is greater than 80.
- Do **NOT** take your diabetes pills or Long Acting Insulin
- If your blood sugar is higher than 150, take ½ the dose of your normal sliding scale insulin.

Key Phone #'s:

Surgeon's Office

Our Number

**SurgiCenter: 3003 Tieton Drive West Pavilion 1**

**Ridgeview: 2500 Racquet Lane**

**Memorial Hospital: 2811 Tieton Drive**

**Go through the Main Entrance after 7 am, Emergency Entrance from 6-7am Only**