

## Pre-Operative Instructions

The following instructions are provided to help you understand and prepare for your upcoming surgery. This information may not answer all of your questions about your upcoming operation, so feel free to ask your doctor or nurse.

### Surgery Scheduling

- Your physician will begin the scheduling process with the hospital.
- A representative from Ne York Methodist Hospital will verify your records and make an appointment for your pre-surgical evaluation.
- Your pre-surgical evaluation may either take place in person or by phone, depending on your physician's orders.
  - Any pre-operative testing will be ordered during your evaluation.
- If you have not been reached by phone and your surgery is scheduled to occur within the next 48 hours, please call us between 9:30am and 4pm, Monday through Friday.

### Medications

- Your medications will be discussed in detail during your pre-admission interview.
- Please make sure the nurse knows about any prescription medicines, non-prescription medicines, vitamins, herbs, or supplements you may be taking.
  - Please bring all bottles of prescription and non-prescription items to your pre-admission interview.
- Some medicine such as aspirin, aspirin containing compounds, Coumadin, Pradaxa or Plavix impair the body's ability to form a clot and stop bleeding. Based on your needs, specific details on these medications will be discussed at the time of your interview.
- **You will be instructed on what medicines you should and should not take in the days leading up to your surgery and on the morning of the surgery itself.**
- If you have diabetes and take insulin or another diabetes medicine, instructions will be provided on how to adjust your medicine on the day of surgery when you will not be eating.
- **Certain surgeries require a bowel cleanout. If you have been given a bowel prep sheet, please follow the directions.**

### The Day Before Surgery

- Please contact your surgeon's office to validate your arrival time.
- Please follow the shower guidelines that have been provided.
- Do not shave near your surgical site. Shaving can irritate your skin, which may lead to infection.
- Do not smoke on the day before surgery. This is irritating for your lungs.
- Do not eat any solid food or drink any liquids as instructed at the time of your interview. This includes water, candy, and chewing gum.

### The Day of Surgery

- If you've been asked to take routine or other medicines on the morning of surgery, please take them with a very small sip of water.
- Wear loose and comfortable clothing and flat shoes.
- Leave jewelry and valuables at home. If you wear contact lenses, please bring your glasses with you. Please remove any body piercings.
- Please arrive at the hospital at the specified time.
- Because of urgent cases, there may be a delay in the start of your surgery or, your start time could be earlier than expected if last minute cancellations occur. If possible, bring something to read and arrive early.
- If you receive general anesthesia, you will be taken to the Recovery Room for approximately one hour after your procedure.
- If you are going to be discharged from the hospital after surgery, you will be allowed to go home when you are fully alert.
- A nurse will review your post-operative instructions and prepare you for discharges from the hospital.
- You **will not be allowed** to drive yourself home. Please make arrangements for someone to take you home.