

Getting Ready for Surgery

Name: _____

Surgeon: _____ Phone number: _____

Pre-operative clinic date: _____

Surgery date: _____ Surgical procedure: _____

- Call 801-587-4300 or 801-587-4070 after 2 p.m. the day before surgery to find out when you should arrive.
- If surgery is scheduled for a Monday, call after 2 p.m. the Friday before.
- Check in on the third floor of the Huntsman Cancer Institute (HCI) Hospital in the surgery waiting area.

How do I get ready for surgery?

It is important that your stomach is empty on the day of surgery:

- Do not eat or drink anything after midnight the night before your surgery. You may have sips of water up to four hours before your surgery time.
- Do not chew gum or have breath mints or lozenges the day of your surgery.
- If you are a smoker, do not smoke after midnight the night before your surgery.

If you eat or drink after these times, your surgery must be rescheduled. Having any food or water in your stomach during surgery can be life-threatening.

If you have questions about your surgery, call your surgeon's office.

What should I wear the day of surgery?

Wear loose-fitting clothing. We will give you a bag for your clothes.

- Do not wear makeup, jewelry, or fingernail polish.
- You can wear eyeglasses, contact lenses, dentures, and hearing aids to the hospital and take them off just before surgery. If you need a case, we can give you one.

What medicine can I take before surgery?

Be sure to tell your health care team all the medicines and supplements you take. If you don't know, bring them to your pre-surgery clinic appointment. We want to make sure your medicines do not interfere with those you get during surgery.

Please follow the instructions marked below. Ask your health care team if you have any questions.

- Do not take aspirin or medicines that contain aspirin during the five days before your surgery. Ask your doctor when you can start taking these medicines again. Common examples include Bayer, Excedrin, and Alka Seltzer®.
Tell your health care team if you take aspirin for heart disease or to help prevent stroke. They may have you continue taking this medication.
- Do not take NSAIDs (anti-inflammatory medicines) during the five days before surgery. Common examples include Advil®, Motrin®, ibuprofen, and naproxen.
- Do not take any dietary supplements (vitamins or herbal) during the five days before surgery.
- If you take pain medications, please take them as needed with a small sip of water. Your pain will be easier to control after surgery.
- Take ONLY these medications with a sip of water:

What should I bring with me to the hospital?

- A form of ID
- Your insurance card. Be ready to pay insurance co-pays or deductibles.
- Your flex spending card for prescriptions (if you have one)
- Something to read or do while you wait for your surgery

After you check in, give your valuables to the family member or loved one with you. HCI is not responsible for items lost or stolen from your car.

What will happen the day of surgery?

- At your appointment time, go to the third floor of the HCI Hospital. Turn left as you get off the elevator. Check in at the surgery desk.
- After you check in, a staff member will take you to a room where you will get ready for surgery.
- Your nurse will confirm your surgery time, let you know of any delays, make sure that all the testing is done, and confirm your type and location of surgery.
- Your nurse will place an IV line in your arm.
- Your anesthesiologist will visit with you and answer any questions about the pain medicines you will have. He or she may also give you medicine to help you relax before your surgery.

When can I go home?

Most patients are ready to go home a few hours after their surgery, depending on the type of procedure. In general, you can go home when

- Your vital signs such as heart rate and blood pressure are stable.
- You are not having pain.
- You are able to drink fluids without getting sick.
- You are able to walk with only a little help.
- You are able to urinate.

Your surgeon may decide you need to stay in the hospital. If this happens, the surgeon will arrange your hospital admission after the surgery.

Will I need a ride?

You will need to find someone to drive you home and to stay with you for 24 hours. Do not drive for at least 24 hours after your surgery or while you are taking pain medicine.

What kind of follow-up should I expect?

In 24 to 48 hours after you go home, a nurse will call to see how you are doing. He or she will also ask you about your experience. Your responses help us reward staff members who have given exceptional care. They also help us learn how we can improve.

How we keep you safe before and after your surgery

- We use at least two methods to make sure we have the correct patient for the correct procedure.
- Your surgeon will mark your skin to make sure they operate at the right place on your body.
- We give you antibiotics before your surgery to prevent infection.
- We wash our hands before and after meeting with each patient.
- We ask you to tell us if anything worries you or seems unsafe.
- We ask you to call for help each time you want to get up while in the hospital. Some medicine can make you more likely to fall. We want to help, we have time, and it is our privilege to assist you.

Presurgery Checklist

- Call 801-587-4300 after 2 p.m. the day before your surgery to find out what time to come.
- After midnight the night before your surgery, do not eat or drink anything and do not smoke.
- Follow your nurse's instructions about which medicines to take and when.
- Bring your ID, insurance and flex spending cards, and something to read or do while you wait.
- Find someone to drive you home.