

Preparing for Surgery (While You Are in the Hospital)

How You May Feel Emotionally

You may feel concerned, anxious, scared, nervous or stressed about your surgery. It is common to have one or more of these reactions no matter what type of surgery you are having. You may:

- have trouble concentrating on other things or conversations
- have trouble falling or staying asleep
- count the days or hours before surgery
- question your decision to have surgery
- become irritable or withdrawn.

What You Can Do While You Wait for Surgery

All of these reactions are normal and get better when surgery is done. To help you through this time, you may:

- talk to members of your care circle (family or friends), your nurse, a chaplain or your health care provider
- walk in the halls
- practice deep breathing
- ask questions and learn what to expect before, during and after surgery. You may have some concerns about when you return home.
- make plans for returning home (who will help you with cooking, laundry, cleaning and driving while you recover)
- meditate, pray or both.

What Happens Before Surgery

How quickly things happen depend on the amount of time between your decision to have surgery and when your health care provider can schedule your surgery. You can expect the following to happen before surgery:

- Your health care provider or nurse will talk with you about taking your usual medicines.
- You will be asked to not eat or drink anything several hours before your surgery.
- You will be asked to sign a consent for surgery form.
- More blood work or tests may be done.
- Your blood pressure, pulse and temperature will be taken. Your height and weight will also be checked.

Your care circle will be told when you are taken into surgery. It is possible for the time of your surgery to change and your care circle may need to wait longer in the waiting room. Staff will be available to answer questions.

What Happens After Surgery

- After surgery, you will spend about 1 to 2 hours in a recovery room. Nurses will watch you closely. Your care circle will be told when you go to the recovery room.
- From the recovery room, you will go to your room. Your care circle can join you.
- Your health care provider will talk with you and your care circle after surgery.