

Your Checklist for Surgery

Preparing for Your Surgery

Pre-surgery physical exam

When your surgery has been scheduled, ask your surgeon if you need a pre-surgery physical exam.

If you need to have an exam:

- Call your primary care provider to make an appointment. **Your pre-surgery physical exam needs to be done within 30 days before your surgery.** Your surgery may be delayed or canceled if your exam is not done.
- Bring a list of all your current medicines, including all prescription, over-the-counter, vitamins and natural or herbal supplements.
- Ask your primary care provider how to take your medicines the day of your surgery, including insulin, diabetes pills, aspirin or anticoagulants (blood thinners).

Tobacco product use

If you use tobacco, your goal is to quit or take a break to reduce your risk of complications (problems).

Financial arrangements

Please review your financial arrangements. If your insurance provider has OK'd your surgery, the hospital will bill your insurance directly. You will pay any deductible amounts and any charges not covered by your policy. These charges will appear on your hospital surgery bill. Call the Business Office at 763-236-7931 for more information.

Your Surgery

Date: _____

Surgeon: _____

Phone number: _____

Arrival time: _____ a.m. / p.m.

Surgery: _____

Surgery time: _____ a.m. / p.m.

If you have any questions, please call your surgeon's office.

Before Your Surgery

- If you will be going home the same day of surgery, please arrange to have someone drive you home and stay with you.

You need to have a responsible adult stay with you for 24 hours after your surgery. If you do not have someone to drive you home and stay with you, your surgery will be canceled.

- Do not shave the area of your surgery for 3 days before your surgery.
- If you will be having weight loss surgery, please review your handbook and bring it with you. Following this guide will help decrease delays or the chance of your surgery being canceled.

(over)

- ❑ About 4 days before your surgery, you will receive a call from the hospital's patient registration for pre-admission information. Please have the following available:
 - Social Security number
 - insurance information
 - employer information (name, address, phone number).
- ❑ A nurse will call you starting 3 days before your surgery. He or she will:
 - review your medical history
 - answer your questions or concern
 - give you instructions for the day of your surgery.

Food and Liquid Directions Before Your Surgery

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

Regular foods: 8 hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

Light solid foods: 6 hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time.
A light meal is:
 - juice or coffee with milk or cream
 - 1 piece of toast **or** 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
 - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
 - Do not have milk, yogurt or energy drinks.

Medicines

- Take your medicines as directed with a small sip of water.

Guidelines for babies

- **6 hours** before the scheduled arrival time
 - you may give formula.
- **4 hours** before the scheduled arrival time
 - you may give breastmilk.

The Night and Morning Before Surgery

Please follow your primary care provider's direction if he or she has given you different instructions.

- ❑ Take a bath or shower the evening before surgery and the morning of surgery. Use an antibacterial liquid soap or fresh bar of soap (such as Dial®). This will help remove bacteria from your skin and reduce your chances of getting an infection. Put on clean clothes each time.

The Day of Your Surgery

- Do not wear jewelry, body piercings or any make-up.
- Wear comfortable, loose-fitting clothing.
- Bring your glasses and storage containers for your glasses or contacts.
- Bring any supplies or equipment that your surgeon asked you to bring to the hospital, such as an asthma inhaler or a CPAP machine.
- Leave all jewelry, purses, wallets or anything of value at home. You can bring money for co-payments or buying any prescriptions you need.
- Tell your surgeon if there are any changes in your health (sore throat, cold, fever, dental problem, urinating problem, diarrhea) or if you have a skin condition (such as a rash or wound). Your surgery may need to be rescheduled.