PRE-OP INSTRUCTIONS

General Instructions

- **If you develop a cold, sore throat, fever** or any other illness prior to your procedure notify your surgeon immediately.
- **Transportation:** Same day surgery patients need to arrange for a responsible adult (over the age of 18) to drive them home and stay with them for a minimum of 6 hours after arrival at home.
- **Childcare:** If you have young children, please make arrangements for their care while you are at the hospital.
- **Glasses, hearing aids, dentures, or other assistive devices:** Bring these items with you to the hospital if you rely on them. They will be given to your family to hold for you when you go to surgery.
- **CPAP mask and/or inhalers:** Bring these with to the hospital.
- **Blood thinners:** (such as Aspirin, Coumadin, Plavix) Contact your physician regarding a stop date for these medications. Your doctor may ask you to stop these 3 to 7 days prior to surgery.
- **Vitamins and herbal supplements:** Stop 7 days prior to surgery.
- **Diabetics:** Contact your physician for specific instructions on how to manage your diabetes and medications before surgery.
- **Alcohol/tobacco/recreational drugs:** Do not drink alcohol or smoke for 24 hours prior to surgery. Notify your surgeon if you are using any recreational drugs, including marijuana. Notify your surgeon of medical marijuana use and discontinue use 1 week prior to surgery.
- **Advance Directives (Living Will/Durable Power of Attorney for Health Care/POLST/DNR):** If you have these documents, bring them to the hospital for your medical record.
Diet and Fasting Instructions: Eat your normal meals and drink plenty of fluids (6 to 8 glasses of water or juice) the day before surgery, unless told otherwise by your doctor.

- Stop eating all solid food 6 HOURS prior to arrival time.
- You may have clear liquids (like soda, pulp-free juices, water, black coffee or tea) up until 3 HOURS prior to arrival at hospital. Do not drink milk products during this time.
- Beginning 3 hours prior to arrival, nothing to eat or drink (including water). No gum or hard candy the morning of surgery.
- **G.E.D**: Patients who have been given a packet called G.E.D. should take it as instructed the morning of surgery.
- **Bariatric Patients**: please follow your surgeon’s diet the day before surgery and then nothing by mouth after midnight.

Showering Instructions: You will need to purchase one small bottle of Hibiclens, available over the counter from any pharmacy. Please shower in the following manner the night before and the morning of surgery (if your doctor has given you specific instructions differing from these, follow your doctor’s instructions) ***Dr. Madda’s patients should use Dial Soap instead of Hibiclens.

- Wash your entire body first with your regular soap and shampoo your hair.
- Rinse well and turn off the shower water.
- Apply Hibiclens (or similar soap that contains Chlorhexidine Gluconate) to your entire body from the neck down avoiding contact with your face and genital areas. If you are allergic to Chlorhexidine or the patient is under the age of 2 months, shower with an antibacterial soap such as Dial.
- Wash gently with the Hibiclens for 5 minutes and then rinse your body well.
- Use caution in the tub or shower as Hibiclens can make the surface slippery.

Oral Hygiene: Brush your teeth with a new toothbrush (if possible) and rinse with an antiseptic mouthwash both the night before and the morning of surgery.

Shaving: Do not shave your body the night before or the day of surgery. Shaving nicks can increase the risk of infection.

Deodorant/Lotion/Powder: you may use deodorant the morning of surgery. Do not use any lotions or powders.
**Arrival Time:** Your arrival time will be available after 2 PM the business day prior to your surgery.

- If your surgeon provided us with your cell phone number, you will receive 2 text messages from us. **Please open both texts.** The first text will contain your arrival time. The 2nd text contains a link. Please click on the link by 4:30 PM to review the instructions provided. This will automatically send us a notification that you have received your arrival time.
- After 2 PM the business day prior to surgery, you can view your arrival time online by clicking this link or by going to this website: [http://www.advocatehealth.com/gsam-pre-op](http://www.advocatehealth.com/gsam-pre-op), then proceed on the **"Arrival Time and Fasting Instructions"** link. You will need to enter your last name, first name, date of birth, and date of surgery (MM/DD/YYYY) in order to obtain your arrival time.
- If your surgeon’s office provided us with an e-mail address, you will also receive an e-mail after 2 PM the business day prior to surgery that will give you access to your arrival time.

**Arrival at Hospital:** You may park in parking lot A in front of the main entrance or if arriving after 7:30 AM you may use the complimentary valet service provided at the front entrance.

- Enter through the main entrance on the ground level. Take the elevator up to the first floor and report to the first floor information desk.
- One person may accompany you during the admission process. After you are admitted, additional visitors may join you in the pre-surgical area. **The number of visitors at any one time is limited to two.** *(Both parents may accompany pediatric patients for the admission process.)*

***Saturday patients arriving between 6 AM and 8 AM should go directly to the admitting department on the ground floor for registration.***

**Day of Surgery Reminders**

- **Medications:** The morning of surgery, take only those medications you were instructed to take by the pre-surgical nurse and/or your doctor.
- **Clothing:** Wear loose fitting clothes and low-heeled shoes.
- **Makeup/Jewelry/Body Piercings** need to be removed prior to before going to the hospital.
- **Valuables:** Do not bring valuables to the hospital.
- **Bring insurance card and picture ID** to hospital.
- **Pediatric patients** may bring a favorite stuffed animal/blanket to help ease anxiety and a special bottle/sippy cup may also be appropriate for use after surgery.