

# CHECKLIST FOR PATIENTS HAVING SURGERY

## **PRE-OPERATIVE (BEFORE SURGERY)**

If you were given a phone consult you will be contacted by a **Pre-operative nurse or Hospital Corpsmen** prior to the date of your surgery. You'll be provided with any final details to prepare you for your day of surgery.

**If you have not received a pre-operative phone call 24 hours before your procedure,** please call the Pre-op office at 542-6540 from 8:00 a.m. to 3:30 p.m. It is possible we do not have your latest contact information.

It's important that we have an **accurate list of all of your medications** (including vitamins, minerals and supplements). This includes the dose and how often you take each one. Please have this information available during your pre-op phone call.

### **Our nurse will:**

- Review your health history, including your medications and any allergies.
- Have an accurate medication list ready for this call.
- Review specific instructions for what you need to do before your surgery.
- Provide you with the most up to date information regarding your times for arrival and surgery.

### **Common Pre-operative Medical Testing**

**EKG:** This test, also called an ECG, helps doctors see the health of your heart. Sticky pads are placed on your chest, arms, and legs. A short period of activity in your heart muscle is recorded. Your doctor will look closely for certain problems or changes in how your heart is working. This test takes about five to ten minutes, and can be conveniently completed in our pre-op area.

**Laboratory tests:** You may need to have blood taken or provide a urine sample. The blood can be taken from a blood vessel in your hand, arm, or the bend in your elbow. Lab tests can give your doctor more information about your health condition, and are conveniently performed in our pre-op area.

**Radiology study:** X-rays are routine orders for a few of our surgical procedures. They give your doctor a clear picture of your internal system. This test is completed in about 10 minutes in Radiology.

## **DAY OF PROCEDURE**

### **Daily Medications**

- Take your morning pills as instructed by the pre-op nurse, anesthesia, or doctor **with just a sip of water.**

**Before leaving home, remember:**

- **Leave valuables at home**, including: cash, credit cards, checkbooks, jewelry, items of sentimental value, or valuable items (including valuable clothing)
- **All jewelry**, including body jewelry, must be removed before surgery. (This includes wedding bands)
- **Electronic devices**, such as laptop computers, personal music and game players, and cellular phones should also be left at home, unless your care partner can accept responsibility for their safety. The hospital will not be responsible for any lost/damaged items.
- **You may brush your teeth the day of your surgery, but do not swallow any water, toothpaste or mouthwash.**
- **Shower, wash and dry your hair before coming to the hospital.** It could be a day or longer before you can do these things again.
- **Do not use hair spray, perfume, cologne, nail polish or make-up; and deodorant use is discouraged**
- **Bring a case to safely store:** eyeglasses, contact lenses, hearing aids and dentures (partials or retainers).
- Bring eye drops and respiratory inhalers (breathing treatments) if you use them.
- You may bring reading materials.
- Pediatric patients: please bring your child's favorite toy, blanket, or comfort item, and a cup with their favorite drink to have after surgery.
- **ID card. And for all military, a command approval sheet**

If for any reason you're going to be delayed please call Same Day Surgery at 542-7747.

### **Arrive at Naval Hospital Jacksonville: Be Prompt!**

On the day of surgery, please arrive at the Surgical Center at the appointed time before your surgery. It is possible that your procedure time may be moved due to unforeseen circumstances, such as cancellations or emergencies. If it's necessary to move your procedure, we will notify you as soon as possible.

## **POST-OP (AFTER-SURGERY)**

### **Pain Management:**

It is our plan to make your stay with us as comfortable as possible. We have several different therapeutic approaches to accomplish this goal. Medications and non-medication treatments can be helpful in preventing and controlling pain. Pain is unique and specific to each individual, so feel free to inform us at any time of your pain or discomfort. Your comfort level will be assessed and reassessed throughout the duration of your hospital visit.

### **Pain medicine:**

If you have any post-surgical medications, one of the staff members will direct your escort to the pharmacy with your ID to pick up your prescriptions. This process usually takes 30 to 45 minutes. The nursing staff will review all prescriptions with you and your escort, give you any further instructions from your surgeon, and answer any questions.

### **Patient Survey**

Please complete a patient satisfaction survey to express your dislikes as well as your likes on our ICE system—and help us improve our care. Please do this during your stay, or visit our website at [www.med.navy.mil/sites/navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax) and click on "ICE."