

## **Pre-Surgical Patient Instructions**

You have **the right to help plan your care.**

You always have **the right to refuse treatment.**

**Please help your care providers by providing accurate, up to date, phone contact numbers, allergies, and medication lists.**

## **Pre-Surgical Procedure**

### **Pre-operative Phone Call**

You will be contacted by a **Pre-operative nurse or medical assistant** prior to the date of your surgery. Working closely with your doctor and the anesthesiologist, pre-operative nurses are trained to gather health information and review your entire health picture. They can advise you on which medications to take on the morning of your surgery.

**If you have not received a pre-operative phone call by 1400 the day prior to your procedure** please call the Ambulatory Procedure Unit Pre-operative nurse between 1400 and 1600. It is possible we do not have your latest contact information.

It is important that we have an **accurate list of all the medications** you are currently taking, including the dose and how often you take each medication. We also want to know which vitamins, minerals, etc. you take.

### **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 prior to your surgery.
- Provide you with the most up to date information regarding your time for arrival.

### **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.

**Blood tests:** You may need blood taken for tests. The blood can be taken from a blood vessel in your hand, arm, or the bend in your elbow. It can give your doctor more information about your health condition.

**Urine tests:** All female patients of childbearing age still having a uterus and ovaries is required to bring in a urine sample the day of surgery to verify you are not pregnant.

### **Planning Ahead for Going Home**

Before you come to the clinic for your procedure, it is very important that you ask a close friend or family member to be your support person.

#### **This person should be able to:**

- Drive you to the clinic.
- Wait with you before surgery.
- Listen to your instructions for care after the surgery.
- Pick up any prescriptions that may be needed.
- Drive you home.
- Help you at home until you are able to be by yourself.
- Stay with you overnight to assist you, or ensure someone can be with you overnight.
- Children are allowed in the waiting area of the Ambulatory Procedure Unit.

### **Set up help for yourself BEFORE your surgery.**

You will need help with everyday chores for the first 24 hours minimum when you return home. Who will help you with:

- Transportation
- Meals
- Housework
- Grocery Shopping
- Dressing
- Personal Hygiene

### **The Night Before Your Surgery/Procedure**

- You may have solid food and clear liquids up until midnight.
- Sometimes your surgeon may instruct you to be on a clear-liquid-only diet for 1-2 days before your surgery. Clear liquids include: water, coffee and tea without creamers, and broth.
- If you have a pacemaker or auto-defibrillator, please have your implant information card available.

**Call your doctor if:**

- You have questions or concerns before your surgery/procedure.
- You have any signs and symptoms of a major cold.
- You have any other illnesses or health concerns.