

# A Patient's Guide: Preparing for Your Surgery

**W**elcome to Swedish Medical Center. We look forward to giving you the very best of care. Our goal is to see that your entire experience at Swedish is excellent in every respect.

To help us do that, there are a number of things you will need to know and do to prepare for your surgery. Please take the following steps:

1. Read this handout carefully and pay particular attention to the pre-operative diet and medication instructions.
2. A representative from Swedish Medical Center will be calling you to:
  - Register you at the hospital
  - Schedule you for a pre-admission appointment with a registered nurse at the Swedish campus where you will have your surgery
3. If you receive a telephone message from Swedish, please promptly return the call. If you would like to contact Swedish in advance to register and schedule your pre-admission appointment, please call the phone number below.
4. Call the financial office (see below), if you have questions about insurance or costs for the surgery.

For more information, visit [www.swedish.org](http://www.swedish.org) under “surgical services” or “for patients.”

***You are scheduled to have surgery at:***

- ☐ Ballard Campus  
☐ Cherry Hill Campus  
☐ First Hill Campus – Main Hospital  
☐ First Hill Campus – Orthopedic Institute

## **Pre-Admission Center: Pre-Admission Appointment**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Please have all of your current medicine containers with you for this appointment.

## **Surgery Appointment**

Your surgeon's office will give you the date and time to arrive at the hospital.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

*A map with directions and parking is included in this packet. Check-in for Pre-Admission and Surgery is at Patient Registration.*

|                                                   | <b>Ballard Campus</b> | <b>Cherry Hill Campus</b> | <b>First Hill Campus – Main Hospital and Orthopedic Institute</b> |
|---------------------------------------------------|-----------------------|---------------------------|-------------------------------------------------------------------|
| Phone:                                            | 206-781-6245          | 206-320-4116              | 206-386-2997                                                      |
| Fax:                                              | 206-781-6110          | 206-320-4390              | 206-386-2992                                                      |
| Financial:                                        | 206-781-6225          | 206-215-2310              | 206-215-2310                                                      |
| <b>Toll free for all campuses: 1-866-851-5111</b> |                       |                           |                                                                   |

***If you have a pacemaker or internal defibrillator, it is VERY IMPORTANT to do the following:***

- Notify your heart doctor that you are going to have surgery.
- During your Pre-Admission appointment, tell the nurse that you have one of these heart devices.
- Bring the following to the hospital:
  - The name and telephone number of your heart doctor
  - The identification card for your medical device

### ***Changes in Your Health***

Tell your surgeon if you experience any major change in your health before your surgery. Such changes may include a cold, flu, fever, infection or diarrhea.

## **Pre-Operative Medication Instructions**

Unless instructed otherwise by your surgeon or anesthesiologist, please follow these guidelines for taking medicine before surgery:

### ***One week before surgery:***

STOP taking aspirin, Plavix and all medicine containing aspirin, such as Anacin, Excedrin, Fiorinol, Aggrenox and Alka-Seltzer.

### ***Two days before surgery:***

STOP taking all non-steroidal, anti-inflammatory medications such as Celebrex, diclofenac, ibuprofen (Motrin, Advil), meloxicam (Mobic), nabumetone (Relafen), naproxen (Aleve, Naprosyn, Anaprox) and piroxicam (Feldene) and supplements such as ginseng, ginko or garlic.

### ***On the morning of surgery:***

**DO NOT** take digitalis medications such as Digitek, Digoxin or Lanoxin.

**DO** take, with a small sip of water, prescribed medications that you usually take in the morning (except for any of those listed above).

## Pre-operative Diet Instructions

Unless instructed otherwise by your surgeon or anesthesiologist, you **must** follow these diet instructions before surgery:

|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>8</b><br>hours<br>before<br>arrival<br>time  | <b>STOP</b> eating solid food or drinking liquids that you cannot see through.<br><br><b>NO FOOD</b><br><b>NO MILK</b><br><b>NO DAIRY PRODUCTS</b><br><b>NO CREAM IN COFFEE</b><br><b>NO CHEWING GUM</b><br><b>NO LOZENGES</b><br><b>NO ALCOHOL</b><br><br>You may drink clear liquids.<br><i>Examples:</i> water, 7-Up, Gatorade, plain gelatin, apple juice without pulp, clear tea or BLACK coffee |
| <b>3</b><br>hours<br>before<br>arrival<br>time* | <b>STOP</b> taking anything by mouth, except for medications, as directed by your doctor.                                                                                                                                                                                                                                                                                                             |

\* *Exceptions:* If you are pregnant, obese or have been diagnosed with diabetes, renal failure or stomach acid reflux with heartburn, **DO NOT** take any food or drink for **eight** hours before your arrival time.

DO take your usual medicines with a small sip of water, unless otherwise instructed.

## The Day Before Surgery

- Call your surgeon's office to confirm your arrival time.
- Review pre-operative dietary instructions.
- You will need to shower **TWICE** within 24 hours of your surgery — take your **FIRST** shower the evening before. Follow the special shower instructions included in this packet.

## If You Have Diabetes

### *Special instructions for the morning of surgery!*

**DO NOT** take ANY oral anti-diabetes medicines.

If you use insulin, check your sugar level in the morning. If your sugar level is 120 or lower, **DO NOT** take any insulin, but bring it with you to the hospital.

If you have a morning surgery and your sugar level is higher than 120, **DO** take half of your usual morning insulin dose.

If you are driving a long way the morning of surgery, **DO NOT** take your morning insulin dose, even if your glucose level is higher than 120.

If your surgery is scheduled in the afternoon, check your morning blood sugar level; then call the Pre-Admission Center (use phone number on page one).

*Turn to the next page for important instructions about your day of surgery.*

# Important Instructions

## *The DAY OF surgery*

- ▶ Follow the pre-operative diet and medication instructions in this guide or as given by your surgeon. **If you do not follow these instructions, your surgery will be delayed or cancelled.**
- ▶ Take your medications, with a small sip of water, as outlined in the pre-operative instructions or as directed by your surgeon.
- ▶ Take your **SECOND** pre-operative shower just before coming to the hospital. Follow the special shower instructions included in this packet. Hair and skin should be free of personal-care products such as hairspray, perfume, gels, aftershave, facial creams, oils, lotions or hair conditioners. Also, **DO NOT** wear contact lenses or makeup.
- ▶ Wear loose, comfortable clothing and shoes.
- ▶ Please bring the following:
  - Your medical and pharmacy insurance cards and a photo ID
  - Only enough money (or one credit card) to pay for parking and possible discharge-medication co-payments. **Leave ALL other valuables at home, including other credit cards, extra cash, cell phones and jewelry worn every day.**
  - Any of the following that apply:
    - A list of your medications and doses, if you haven't already given them to the pre-admission nurse
    - Inhalers, if you have asthma
    - C-Pap machine and notation of your settings
    - The identification card for any implanted medical device you may have
    - The name and phone number of your heart doctor

- A consent form signed by a legal guardian for a patient who requires durable power of attorney
  - A parent or legal guardian for a patient who is under 18 years of age to sign the consent and meet the anesthesiologist
- ▶ Arrive at the hospital at the time given by your surgeon's office.

## *Surgery Recovery*

In the recovery room, you will be cared for by specially trained registered nurses. Your time in recovery will vary, depending on the surgery. If you are going home the same day, your friends and family will be invited to join you for post-operative instructions.

## *Planning for Your Return Home*

Please plan for your discharge needs with family and/or friends prior to your surgery.

If you are scheduled to go home the day of surgery, you **MUST** have an adult escort to accompany you, or your surgery will be cancelled. You may **NOT** drive yourself or travel home by bus. You may take a taxi if you have an adult escort.

We suggest you have someone with you at home after surgery to help with shopping, child care, lifting, cooking, cleaning, etc.

## Questions?

If you need more information, please call the Pre-Admission Center at the campus where you are having surgery. You can also visit [www.swedish.org](http://www.swedish.org) and look under "Surgical Services."