

# CARDIOVASCULAR PRE-SURGERY CHECKLIST

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There is a lot to think about before surgery. Your healthcare team and the information in your surgery binder will help prepare you for the operation and your recovery. This checklist will help you make arrangements for some things you may not have thought of.

## Work and finances

- If you and/or family members will be taking time off using your Family and Medical Leave Act (FMLA), make sure you:
  - Get all needed paperwork and complete your parts of the forms
  - Bring your FMLA paperwork with you to your surgery appointment. Give it to the surgery team or nurse.
- Make arrangements to pay bills (set up automatic payments, write out checks to mail, etc.)

## Things you may want to bring to the hospital

- Phone charger
- Books, magazines, games and other things to pass the time
- Writing materials and stamps
- Toiletries
- Bathrobe and slippers

## Transportation

- Make plans for your ride home from the hospital and to your post-op appointments

## Home and pets

- Arrange for someone to help you around the house when you get home
- Make sure you have a thermometer and scale
- If needed, make arrangements for housesitting, pet care/boarding, getting your mail, watering plants, stopping the newspaper, etc.
- Consider making meals ahead of time and freezing them for meals once you get home
- Stock up on paper products, detergent, etc.
- Move small rugs and furniture that could get in your way and increase your risk of tripping/falling

## Medications

- We strongly encourage you to have your medications filled using Bedside Delivery service while you are in the hospital. There is no charge for the service, but you will need to pay for the medications/copay. Please make sure you bring your insurance information and credit card. The service can also be used for nonprescription medications you will need.

