

Pre-operative Checklist: Patient Instructions Prior to Surgery

Our guidelines have changed, so please read these instructions carefully. Your surgery may be cancelled if you do not follow these instructions.

My arrival time is _____

PATIENTS WITH DELAYED STOMACH EMPTYING:

- I have been instructed not to eat or drink anything after midnight prior to my surgery. (This includes no gum, mints, or smoking.)

PATIENTS WITHOUT DELAYED STOMACH EMPTYING:

- I have been instructed not to have any solid food to eat after midnight prior to my surgery. (No mints or smoking.)
- I am allowed to drink small amounts (12 oz.) of clear liquids up until 2 hours prior to my arrival time.
- Clear liquids include water, fruit juices without pulp, carbonated beverages (e.g. ginger ale), electrolyte beverages (e.g. Gatorade), clear tea and black coffee, clear broth, popsicles and jello. (No milk).

<input type="checkbox"/> I will bring this binder to all pre- and post-operative appointments AND day of surgery.	MEDICATION STOPPAGE: <input type="checkbox"/> Unless my surgeon tells me differently, I will STOP THESE MEDICATIONS 7 DAYS PRIOR TO SURGERY: (MOTRIN/IBUPROFEN/Naproxen/Aleve/Advil), Aspirin, vitamin E, herbal medications, diet pills, and over-the-counter medicines.
<input type="checkbox"/> I will not wear jewelry, body piercings(s), makeup, nail polish, hairpins or contacts on the day of surgery. I am to leave valuables and money at home or with family members.	<input type="checkbox"/> If I am taking any of these blood thinning medications - Apixaban (Eliquis), Apsirin, Clopidogrel (Plavix), Ticagrelor (Brilinta), Prasugrel (efficient), Ticlopidine (Ticlid), Warfarin (Coumadin), Dabigatran (Pradaxa) or Rivaroxaban (Xarelto) - I will discuss whether or not I should stop them before surgery with my Surgeon. ***Discuss medication changes with your cardiologist or primary care physician. <input type="checkbox"/> If I stopped taking my blood-thinning medication, I will ask the surgeon when to resume taking it.
<input type="checkbox"/> If I am prescribed inhalers, I will use them and bring them to the hospital. Medication(s) to take on the morning of surgery with a few sips of water: _____ _____ _____	<input type="checkbox"/> Patients with diabetes, I will not take my morning diabetes medication (pills) on the morning of surgery. If I am on insulin, someone has gone over those instructions with me for the morning of surgery. I understand if my surgery is delayed, I will notify the check in desk that I have diabetes. See the "Diabetic Guidelines before Surgery" in the Patient Education section.
<input type="checkbox"/> If I am an outpatient, a responsible person will drive me home and it was suggested that someone stay with me for 24 hours. <input type="checkbox"/> I understand that a bus driver or cab driver is NOT a responsible person.	<input type="checkbox"/> To find out my arrival time for surgery, I must call my surgical scheduler (see page 1) of Your Surgical Guide Book for specific surgical office.
<input type="checkbox"/> If I have Obstructive Sleep Apnea and on a CPAP/ BiPAP machine, I will bring my mask, tubing, and machine on the day of surgery.	
<input type="checkbox"/> Pain management education material found in the <i>Your Surgical Guide</i> was reviewed with me.	
Pre-operative instructions given by :	