

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 watch the online Preparing for Surgery video specific to the location where I am having my surgery. <i>Link: http://www.clevelandclinic.org/prepareforsurgery</i>	
<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 - Aspirin, Clopidogrel (Plavix), Ticagrelor (Brilinta), Prasugrel (Effient), 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"/> 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"/> 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 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.	<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.
Pre-operative instructions given by :	

Revised: 2/2017

The Day of Surgery: the Dos and Don'ts

Eating and Drinking. Refer to pre-operative checklist (page 2).

Smoking. It is strongly encouraged that you stop smoking. This will reduce your risk of respiratory and anesthesia complications after your operation. You may want to speak with your primary care physician about smoking cessation programs and ask your physician for the Smoking Cessation Booklet. Contact the Cleveland Clinic Tobacco Treatment Center, 216.444.8111, for assistance on quitting smoking.

Alcohol. Drinking alcohol can greatly affect the outcome of your surgery (see the next page for more specifics).

Medications. Bring with you a list of all prescribed and over-the-counter medications you take, including dosage and strength. **Do NOT bring your medications to the hospital.** Check with your surgeon or anesthesiologist about which medications to take on your day of surgery. If you are advised to take your medication, swallow only the smallest amount of water and inform the anesthesiologist or the nurse on the day of surgery. *Please see the Guide for Herbal Medications & Dietary Supplements on the previous page prior to your surgery for more information.*

Patients with Diabetes. On the morning of surgery do not take your diabetes medication. If you are on insulin, someone will go over those instruction for the morning of surgery. If your arrival time is after 9 am or you are not feeling well, immediately notify the Surgical Center (P20) check-in personnel that you are an insulin dependent diabetic. Also, if you take insulin and need to take a bowel prep the day before surgery, check with your medical doctor about insulin doses. *More details on Diabetes Guidelines is in the Patient Education section.*

Patients with Asthma. You should take your inhaler the morning of surgery and bring it with you to the hospital. If needed, you may use your inhaler as directed by your physician.

Nail polish, nail tips, wraps, gels, etc. All nail polish should be removed before your arrival for surgery. We understand that tips, wraps, gels, etc., are expensive; however, we ask these products be removed from at least one finger on each hand (preferably the index or middle finger). This will be used to accurately monitor your oxygen level during surgery.

Clothing. You will be most comfortable in loose-fitting, easily folded clothing and low-heeled shoes. For your convenience, a very small locker (size of a breadbox) is available in the Family Lounge. **Your family members are responsible for your belongings when you go to the operating room.** If you are staying overnight, a bathrobe and slippers are suggested. Please leave your suitcase in the car until your room is assigned.

Valuables. Jewelry (including body piercings), money and credit cards should be left at home.

Hearing Aids. Patients who rely on hearing aids should wear them to the hospital on the day of surgery so that you can hear and understand everything we need to communicate with you.

Dentures. You will be asked to remove all non-permanent dental work before your surgery. Please bring a denture cup with you to the surgery center.

Contact lenses. Wear glasses when possible. If contact lenses must be worn, bring your lens case and solution. If glasses are worn, bring a case for them.

Hair. Wear your hair loose, avoiding the use of clips, or pins and bands that bind hair. Do not use hair spray. A head cover will be provided on the way to the operating room to contain hair.

Wigs and hairpieces. Before going to surgery, patients are asked to remove wigs and hairpieces and are given a head cover to wear.

Makeup and perfume. Makeup and perfume should not be worn the day of surgery.

Bathing, creams, lotions, deodorants. Please shower or bathe the night before your surgery. Your surgeon may request bathing with a special soap; please follow their instructions. Creams and lotions should not be worn on the day of surgery. A light application of deodorant is permissible.

In Case of Illness. If you develop a cold, persistent cough, sore throat, fever or any other illness within two days of surgery, your surgeon needs to be notified. Call your surgeon's office Monday through Friday, 8 a.m. to 5 p.m. For other times call the operator at 216.444.2200 and ask for your surgeon's resident on call.