We are pleased that you have chosen Cleveland Clinic in Florida for your surgery. Your care will be provided by some of the nation's finest specialists in women's healthcare. The following information is designed to help you prepare for your surgery. If you have any questions after reading it, please feel free to contact our office at 954-659-5559.

**Preparation for Surgery**

Please follow these guidelines carefully as they have been developed to help make your stay as safe and comfortable as possible.

**Pre-Admission Testing**

- For most patients, some tests may need to be performed prior to your surgery. Depending on your procedure, age, and medical history, you may have these tests done on the day of your surgery. In most cases, we will need to conduct the tests prior to your admission to ensure the most appropriate care for you. You may also need to obtain pre-operative clearance by your primary care physician two weeks prior to surgery.
- A nurse from the pre-operative clinic will contact you prior to surgery or on arrival the day of surgery. Please have a list of your current medications or the medications themselves, a list of any known allergies, and your medical history available. If there is anything that you do not understand, the nurse will review it with you.
- You will need to have an EKG if you are older than 50, or if your doctor determines it is necessary. If you have had an EKG in the last six months, please have your doctor's phone number available for us to call to obtain a copy of the results.
- You will meet the anesthesiologist the morning of surgery to further discuss your medical history and review anesthesia options for your surgery. You may have an anesthesia visit or be referred to other appropriate departments prior to surgery if you need further clearance.

**Days before Surgery**

- Let your doctor know if you have a cough, cold, fever, stomach flu, or asthma attack any time in the week before surgery. Call your doctor as soon as symptoms occur, as this may interfere with your scheduled procedure.
- Do not smoke for at least two days before surgery. If you smoke, it may take you longer to recover from anesthesia.
- You should discuss **ALL** medications with your doctor and/or nurse before surgery, including
vitali

For your own safety, you will not be allowed to drive yourself home following surgery. Please make arrangements for your transportation home and for someone to stay with you for 24 hours once you are home.

The Night before Surgery

- Do not eat or drink anything after 12 midnight unless you are instructed otherwise, so that your stomach will be empty during your surgery. This includes mints, gum, candy and vitamins.
- Remember not to smoke.
- Your doctor may have given you special preparation instructions to prepare for surgery. Please follow the instructions carefully, and call your doctor if you have any questions.

The Day of Surgery

- It is important that your stomach remains empty. You may brush your teeth or use mouthwash; however, be sure not to swallow the water.
- If your doctor or anesthesiologist told you to take your daily medications on the morning of surgery, take them only with a small sip of water.
- Dress in comfortable, loose-fitting clothing and wear shoes without heels.
- Remove any nail polish or makeup.
- Do not wear or bring any jewelry. Because we have no place to store valuables, we ask that you leave cash, credit cards, and other valuables at home.
- If you wear contact lenses, please leave them at home and wear or bring your eyeglasses and case with you. We suggest that you write your name on the case.
- If you wear dentures, please remember to bring a labeled storage container with you.
- Bring your health insurance cards and a copy of any advance directives (e.g., Living Will or Durable Power of Attorney) you may have.
- Bring a list of your current medications and dosages, and information about your medical history. This information will be placed in your medical record.
- If you are to be admitted after surgery, pack a toothbrush, toothpaste, comb, brush and any other items you may want while you are hospitalized. Arrange to have someone bring your suitcase to you after surgery - please do not bring it with you.
- Plan to arrive two hours before your scheduled operation. We use this time to finish preparing you for surgery. You may want to bring something to read while you wait. Please also be aware that our surgery schedule sometimes changes because of unexpected needs of other patients.

This information is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace a physician’s independent judgment about the appropriateness or risks of a procedure for a given patient.
Guide to Surgery

When You Arrive

If your surgery is scheduled early, the main entrance to the hospital is closed. Please use the Emergency Department Entrance and proceed to the Main Hospital Lobby. In the Main Lobby, proceed to the reception desk and check in. You will be given your registration forms and will then proceed to the 2nd floor to the OR Reception Desk. The hospital phone number is 954-659-5000.

Once You Have Checked In

At the 2nd Floor desk, you will hand in your registration forms. Once you have checked in, you will be asked to sit in the waiting areas until a nurse comes to get you. You will be taken to a private area to get ready for your surgery. Your nurse will give you a hospital gown and will start an intravenous (IV) line to give you fluid and medications.

Once your have been prepared for surgery, the nurse will bring back one family member or friend to stay with you until you are brought into the operating room.

If you are to be admitted following surgery, your family may wait in the waiting area. They will be notified of your status by your doctor or the nursing staff.

For outpatient surgery, family members and friends may wait in the 2nd Floor waiting area. They will be notified of your status by the staff at the Information Desk.

After Surgery

After your surgery, you will be brought to the recovery room. A recovery room nurse will care for you and monitor you. You may experience some nausea or vomiting following surgery. This is not unusual and our recovery nurses will try to keep you as comfortable as possible. Other symptoms related to surgery and anesthesia include shivering, headache, muscle soreness, sore throat, nervousness, or sleepiness. These symptoms usually resolve within 24 hours. If you have pain, be sure to tell the nurse. Medication can be given to ease your pain. (See Pain Medication Information Sheet).

Recovery times vary from person to person, usually around 1 ½ hours. Our staff wants to be sure that you are ready to go home before you are discharged or, if you are being admitted, transferred to your room.

If You are Going Home the Day of Surgery

When you are awake, able to drink fluids, and walk safely, you will be discharged. All patients are discharged by wheelchair through the Main Hospital Lobby. The person who drives you home can pick you up at the Main Entrance. Advise that person to check with the staff at the Information Desk in the Main Lobby if you are not in the lobby.
Before you leave, your nurse will review outpatient post-operative instructions with you and your family. You will be given prescriptions for pain medication. Please call your doctor's office if you have any questions after you get home.

**If You are Being Admitted to the Hospital**

If you are admitted to the hospital, you will stay in the recovery room until you are ready to go to your room. Staff will make sure that your belongings are transported to your room. The Third Floor of the hospital is the inpatient unit for patients having surgery, as well as medical and oncology services.

Your family and friends are welcome to visit you in your room. You also may have a family member stay with you in your room. They can check with the Information Desk in the Main Lobby for your room number. If you need home care nursing services, this will be arranged for you prior to discharge by the case manager assigned to you.

**Spiritual Support**

Please be sure to let your nurse know if we can assist you with your religious or spiritual needs. A meditation room, available to all patients and families, is located off the 2nd Floor near the waiting area.

**Once You Are Home**

Please review the post-operative instructions. If you have any questions about your recovery, please call the office.

**Pre-Operative Checklist**

- List all medications, vitamins, herbal supplements, and other over-the-counter medications
- List of known allergies
- Names and telephone numbers of your primary care doctors and any specialists who you see for health problems
- Medical history, including medical condition, recent EKGs, and past surgeries
- Health insurance cards
- Copy of any advance directives (e.g. Living Will or Durable Power of Attorney), if you have them.

**Things to Remember**

- Do not smoke for at least 48 hours prior to surgery
- Do not eat or drink after midnight of the day before your surgery, unless instructed differently

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Guide to Surgery

- Take daily medications with a small sip of water, as directed by your doctor
- Wear comfortable, loose-fitted clothing and flat shoes
- Do not wear any makeup or fingernail polish
- Do not wear contact lenses. If you wear eyeglasses, bring your case.
- Do not wear or bring any jewelry.
- Do not bring any valuables with you (cash, credit cards, etc.)
- If you are admitted after surgery, pack a toothbrush, toothpaste, comb, brush, comfortable footwear, and any other personal items you may need. Arrange to have someone bring your bag to you after surgery; do not bring it with you.

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