

# Preparing for Your Surgery

Welcome to Monroe County Hospital Surgical Department. The following information will help prepare you and your family for your surgery.

## Before the Day of Your Surgery

A complete history and physical and pre-admission testing (PAT Testing) such as blood work, EKG or chest x-ray will need to be completed. Patients can have these tests done at Monroe County Hospital.

- Make a list of medicines you take and include the dosage. You will need this information for your pre-operative interview.
- Do not take aspirin, Motrin/ibuprofen or similar products for 10 days prior to your surgery. However, if you take a daily aspirin, a blood thinner (such as Coumadin) or anti-platelet (such as Plavix), follow your medical doctor's and surgeon's directions to see if you should stop taking it prior to surgery.
- Contact your surgeon's office and our Surgical Department if you must cancel your surgery for any illness or other emergency.

## Evening Before Surgery

- Do not eat or drink anything (including water, ice, candy, mints and gum) and do not smoke after midnight. Your surgery **will be canceled** if this instruction is not followed.
- For patients who will be discharged home on the same day of surgery, you must arrange for a responsible adult (age 18 or older) to take you home.

## Day of Surgery

- Do not eat or drink anything (including water, ice, candy, mints and gum) and do not smoke.
- You may take all of your usual routine medications which include: heart, asthma, blood pressure, seizure, transplant, thyroid, psychotropic and chronic pain medications that are taken daily with a small sip of water. Please check with your surgeon before taking any other medication on the day of surgery.
- Do not take any diuretics (water pills), vitamins, supplements or herbal preparations the morning of surgery unless specifically instructed to do so by your medical doctor or surgeon. If you have diabetes, please consult your medical doctor to discuss what medications to take for the day of surgery.
- Wear loose, comfortable clothing and do not wear any jewelry or bring valuables with you to the hospital.
- Bring your insurance card and identification on the day of your surgery. If you have any Advanced Directives for health care or a Living Will, bring a copy with you.
- You will be asked to remove all eyeglasses, contact lenses, dentures, wigs, hairclips, body piercings and all make-up. Remove all nail polish prior.
- Do not drive yourself to the hospital since you will be unable to drive yourself home.

## When You Arrive at the Hospital

Patients should report on time to Monroe County Hospital reception desk as per instructions you will receive by telephone by our scheduling staff.

A waiting area for family/visitors is on site – if your family member plans on leaving the hospital, a phone number where he or she can be reached should be given to the nurse. No siblings/children as visitors will be permitted. Please make arrangements for child care outside of the hospital.

The length of your surgery and recovery time varies – generally, you will probably be ready to go home one to two hours after your surgery. It is recommended that you have someone stay with you for the first 24 hours following surgery.