

PREPARING FOR YOUR OUTPATIENT SURGERY

Your doctor will explain in advance the nature of your scheduled procedure. The day before your surgery, a nurse from the facility will call you to confirm your appointment and to answer any questions that you might have.

If your physician has required any pre-admission testing (such as blood tests), we offer you the option of coming to the hospital up to a week before your surgery to take care of any necessary procedures. This will help to ensure the quickest, most efficient service on the day of your surgery visit.

To prepare for your outpatient surgery, it is important to observe the steps outlined in the Outpatient Surgery Checklist below. Your physician may also give you additional instructions relating to your own procedure.

OUTPATIENT SURGERY CHECKLIST

The Day Before Your Surgery

- ☞ Remember not to eat or drink anything after midnight prior to your surgery, or as directed by your anesthesiologist. This includes water, breath mints and even chewing gum. Having food in your stomach can create a risk during surgery.
- ☞ Consult your doctor about whether you should discontinue taking regularly scheduled medication, herbal products or aspirin prior to surgery. If you are advised to continue taking your medication, you should take it with only a sip of water.
- ☞ Refrain from smoking after midnight and during the day of your surgery.
- ☞ Be sure to make arrangements in advance to have a responsible adult drive you home and be available to you after surgery. **Regulations do not permit you to drive or use a taxicab.**

The Day of Your Surgery

- ☞ Wear loose, comfortable clothing so that you can change easily after surgery.
- ☞ Do not wear perfume, makeup, nail polish or jewelry.
- ☞ Bring your health insurance card and insurance forms with you.
- ☞ Please leave all valuables at home.
- ☞ Please bring this brochure with you. It will contain papers that you and the nursing staff will need (such as physician orders, consent forms, etc.).