



Be Ready for Your Surgery

What you need to know

This handout gives basic information about how to prepare for your surgery and what you will need to do afterward. Please fill in the blanks and check the correct boxes as you and your nurse go over this handout together.

Before Surgery

Gather Information

Read these 2 handouts:

- “About Your Surgery Experience”
- “Medicines to Avoid Before Surgery”

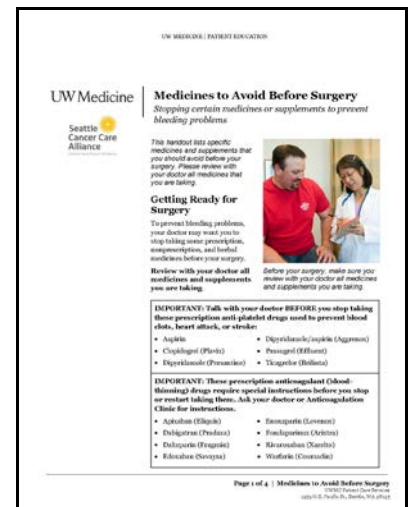
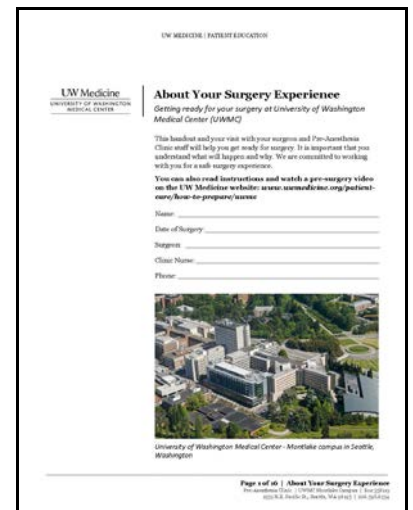
Ask your nurse for copies of these handouts or find them online at <https://healthonline.washington.edu>.

Know Your Arrival Time and Location

- A staff member from the Pre-Anesthesia Clinic will call you the afternoon before your surgery day to confirm your arrival location, tell you when to arrive, and review your pre-surgery instructions. If your surgery is on a Monday, this call will be on the Friday afternoon before.

If you do not receive this call by 3 p.m., call the Pre-Anesthesia Clinic at 206.598.6334.

- Check in at:
 - Surgery Pavilion, _____ floor
 - Roosevelt Clinic, _____ floor



Medicines

Before your surgery, tell your surgeon what medicines you take. This includes prescriptions, vitamins, herbal supplements, and anything else you take without a prescription. You may need to stop taking some medicines, or take lower doses, before your surgery.

These are the medicines to **stop** taking before your surgery:

Medicine Name	STOP Taking It	RESUME Taking It
	_____ days before surgery	_____ days after surgery
	_____ days before surgery	_____ days after surgery
	_____ days before surgery	_____ days after surgery
	_____ days before surgery	_____ days after surgery

Your Diet Before Surgery

Most patients are told not to eat or drink after _____ p.m. the night before surgery. This includes _____ and mints.

Before your surgery, you may be on a special diet:

- Clear liquid diet
- Bowel prep diet

If you are on one of these diets:

- **Avoid _____ and purple clear liquids.** They can stain your bowel. This makes it hard for your surgeon during surgery.
- **Avoid all dairy products.** This includes milk, cream, and powdered creamer.
- Do **not** drink any fluids with pulp.
- **Stop drinking and eating _____ hours before surgery.** Your stomach must be empty during surgery to help avoid problems.

Other Instructions

- Do **not** shave for _____ days before surgery.
- Use CHG soap to wash from your neck to your toes the night before and the morning of your surgery.
- Sleep on clean sheets the night before surgery.

- If you need to take prescribed medicines, take them with **only** a sip of water.

On the Day of Surgery

- Leave _____ at home.
- Bring with you:
 - A form of payment to cover prescription medicines
 - Your insurance card
 - Other: _____
- If you are having day surgery, you must have a responsible adult drive you home. You cannot drive yourself or ride in a bus or take a taxi by yourself.
- If you must change or cancel your surgery for personal reasons or because you have a fever or cough, call Surgical Specialties at 206.598.4477.

After Surgery

Dressings and Bathing

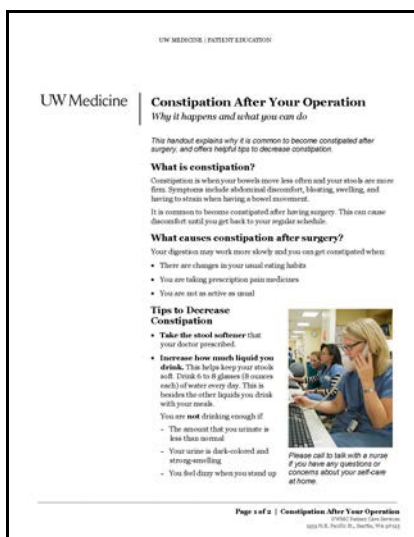
- You may shower _____ days after your surgery.
- Keep your dressings (bandages) dry when you shower.
- Remove your dressings after _____ hours.
- Do not remove the white strips of tape (Steri-Strips). You may trim any loose edges. You may shower without covering the Steri-Strips. The strips will fall off on their own in about 1 week.

Food

- Read the handout “Constipation After Your Operation.” Ask your nurse for a copy or find it online at <https://healthonline.washington.edu>.
- Make sure you are eating enough fruit, fiber, protein, and _____.

Pain

- Read the handout “Pain Management.” Ask your nurse for a copy or find it online at <https://healthonline.washington.edu>.
- You will be given a prescription for pain medicine.



Medicines

- For questions about your medicines, call your surgeon's nurse.
- Call for medicine refills 48 hours before you run out.

Follow-up Visit

Your follow-up visit is:

Date _____ Day _____

Time _____

Special Instructions

For JP Drains

- Read the handout "Closed Bulb Drain Care." Ask your nurse for a copy or find it online at <https://healthonline.washington.edu>.
- You will need these supplies for your JP drain:
 - 2-inch by 2-inch gauze
 - Alcohol wipes
 - Tape
 - Measuring cup that shows amounts in cubic centimeters (cc)
- If you need more supplies for your JP drain, you may buy them at your local drugstore.
- Change the dressing _____ times every day.
- Strip the drain _____ times every day.
- Empty the drain when it is $\frac{1}{3}$ full. Write down how much was in the drain on your "Closed Bulb Drain Care" handout.
- Your drain can be removed at your next clinic visit. Or, you can call the nurse to make an appointment to remove your drain when your output is less than _____ cc for _____ 24-hour periods in a row.

Activity

- Do **not** push, pull, or lift anything that weighs more than 5 to 7 pounds. (A two-liter bottle of water weighs 5 pounds.)
- Toe-touch *weight bearing*: This means your feet or toes can touch the floor, but you cannot put your weight on them.
- Other: _____

When to Call for Urgent Concerns

Call one of the numbers under “Who to Call” below if you have:

- Redness or swelling around an incision
- Fever higher than 100°F (38°C)
- More drainage or a different color drainage
- Any other symptoms that you are concerned about

Who to Call

Weekdays from 8 a.m. to 5 p.m.: Call the Surgical Specialties Clinic at 206.598.4477.

After hours and on weekends and holidays: Call 206.598.6190 and ask to page the Resident on call for your doctor.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Surgical Specialties Clinic at 206.598.4477.

After hours and on weekends and holidays, call 206.598.6190 and ask to page the Resident on call for your doctor.

Clinic fax: 206.598.6705