

Preparing for Your Surgery

Getting started

A nurse will call you to review your health history and instructions. They will give you an arrival time based on your scheduled surgery time. **Please be ready to share:**

- Your doctor's clinic name and phone number
- Your medical, surgical, and anesthesia history
- A list of allergies and sensitivities
- A list of medicines, including herbal treatments and over-the-counter drugs
- Whether the patient has a legal guardian (ask how to send us the papers in advance)

Please tell us if you're pregnant—or if there's any chance you might be pregnant. Some surgeries may injure a fetus (unborn baby), so they require a pregnancy test. Surgeries that are safe for a fetus don't always need a test, and you can choose whether to have one.

If you have a child who's having surgery, please ask for a copy of [Preparing for Your Child's Surgery](#).

Preparing for surgery

- Within 10 to 30 days of surgery: Have a pre-op exam (sometimes called an H&P, or History and Physical). This can be done at a clinic or pre-operative center.
 - If you're having a c-section, you may not need this exam. Talk to your care team.
- At your pre-op exam, **talk to your care team about all medicines you take.** If you need to stop any medicines before surgery, ask when to start taking them again.
 - We do this for your safety. Many medicines can make you bleed too much during surgery. Some change how well surgery (anesthesia) drugs work.
- Call your insurance company to let them know you're having surgery. (If you don't have insurance, call 612-672-2000.)
- Call your clinic if there's any change in your health. This includes signs of a cold or flu (sore throat, runny nose, cough, rash, fever). It also includes a scrape or scratch near the surgery site.
- If you have questions on the day of surgery, call your hospital or surgery center.

Eating and drinking guidelines

For your safety: **Unless your surgeon tells you otherwise,** follow the guidelines below.

- Eat and drink as usual until **8 hours before you arrive for surgery.** After that, no food or milk.
- Drink clear liquids until **2 hours** before you arrive. These are liquids you can see through, like water, Gatorade, and Propel Water. They also include plain black coffee and tea (no cream or milk), candy, and breath mints. You can spit out gum when you arrive.
- If you drink alcohol: Stop drinking it the night before surgery.
- If your care team tells you to take medicine on the morning of surgery, it's okay to take it with a sip of water.

Preventing infection

- Shower or bathe the night before **and** morning of your surgery. Follow the instructions your clinic gave you. (If no instructions, use regular soap.)
- Don't shave or clip hair near your surgery site. We'll remove the hair if needed.
- **Don't smoke or vape** the morning of surgery. You may chew nicotine gum up to 2 hours before surgery. A nicotine patch is okay.
 - Note: Some surgeries require you to completely quit smoking and nicotine. Check with your surgeon.
- Your care team will make every effort to keep you safe from infection. We will:
 - Clean our hands often with soap and water (or an alcohol-based hand rub).
 - Clean the skin at your surgery site with a special soap that kills germs.
 - Give you a special gown to keep you warm. (Cold raises the risk of infection.)
 - Wear special hair covers, masks, gowns and gloves during surgery.
 - Give antibiotic medicine, if prescribed. Not all surgeries need antibiotics.

What to bring on the day of surgery

- Photo ID and insurance card
- Copy of your [health care directive](#), if you have one
- Glasses and hearing aids (bring cases)
 - You can't wear contacts during surgery
- Inhaler and eye drops, if you use them (tell us about these when you arrive)
- CPAP machine or breathing device, if you use them
- A few personal items, if spending the night
- If you have . . .
 - A pacemaker, ICD (cardiac defibrillator) or other implant: Bring the ID card.
 - An implanted stimulator: Bring the remote control.
 - A legal guardian: Bring a copy of the certified (court-stamped) guardianship papers.

Please **remove** any jewelry, including body piercings. Leave jewelry and other valuables at home.

If you're going home the day of surgery

- You must have a responsible adult drive you home. They should stay with you overnight as well.
- If you don't have someone to stay with you, and you aren't safe to go home alone, we may keep you overnight. Insurance often won't pay for this.

After surgery

If it's hard to control your pain or you need more pain medicine, please call your surgeon's office.

Questions?

If you have any questions for your care team, list them here: _____

FIIRO GAAR AH: Hadii aad ku hadasho Soomaali, waaxda luqadaha, qaybta kaalmada adeegyada, waxay idiin hayaan adeeg kharash la'aan ah. So wac 612-273-3780.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 612-273-3780.

We comply with applicable federal and state civil rights laws, including the Minnesota Human Rights Act. We do not discriminate because of race, color, creed, religion, national origin, marital status, age, disability, sexual orientation or sex.