

Pre-Procedure/Surgical Instructions for Adults

Thank you for choosing Edward Hospital for your health care needs. Our goal is to be your partner to ensure that you will have a very good experience.

Preparing for Your Surgery/Procedure

Your primary care physician, your surgeon, and/or your anesthesiologist may have ordered different pre-operative tests that need to be completed prior to your procedure. These tests can be completed at Edward or another site determined by your insurance company. If your testing is being performed by a provider **other than Edward Hospital**, you will need to schedule those tests a minimum of four to five days prior to your procedure.

As part of your preparations, you will be asked to drink two 12 ounce bottles of regular Gatorade and take 1000 mg of acetaminophen/Tylenol (see “Night Before” and “Day of Surgery” sections for instructions).

Why does your anesthesiologist require you to drink Gatorade before surgery?

Gatorade helps to increase your comfort before surgery and to decrease your nausea after surgery. The carbohydrates in Gatorade help reduce your body’s stress response to surgery.

Why does your anesthesiologist ask you to take acetaminophen before surgery?

The acetaminophen/Tylenol helps reduce your pain after surgery. Acetaminophen helps reduce the amount of other medications, such as narcotics, you need to help manage your pain.

Avoid excessive alcohol use before surgery. Alcohol can interact with some medications. Please let us know if you need help decreasing your alcohol use.

Medication Instructions

To ensure a safe procedure/surgery there are certain medications that may need to be stopped prior to your procedure.

Please call your surgeon and prescribing physician for instructions on stopping the following **blood thinning** medications prior to your procedure/surgery. Your physician will provide you with instructions regarding if/when you will need to stop these medications and when to restart them after your procedure/surgery.

- ▶ Coumadin
- ▶ Xarelto
- ▶ Pradaxa, Ticlid
- ▶ Aspirin
- ▶ Ibuprofen, Motrin, Aleve
- ▶ Meloxicam, Naproxen, Etodolac, Diclofenac
- ▶ *Any blood thinning medication

If you are taking any **herbal supplements**, you need to stop them 14 days prior to your procedure/surgery or at the time of the screening phone call whichever comes first.

If you are taking any **weight loss products** (anorexiant), such as Phentermine, you will need to stop taking them at least 10 days prior to your procedure/surgery or at the time of the screening phone call whichever comes first.

Diabetic Instructions

If you are taking oral medication(s) for your diabetes, you will need to hold the morning dose the day of your surgery/procedure.

If you are taking a SGLT2 Inhibitor medication such as Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), or Ertugliflozin (Steglatro) you will need to hold these medications for 4 days prior to the day of your surgery/procedure or as instructed during the screening phone call. Carefully monitor your blood sugar while you are holding these medications and contact your prescribing physician with any abnormal blood sugar levels.

If you are taking insulin, contact your primary care doctor or endocrinologist for instructions on adjusting your insulin dose the day before and the day of your procedure/surgery.

Check your blood sugar:

- ▶ At bedtime the night before procedure/surgery
- ▶ When you get up in the morning
- ▶ Then every four hours until arrival for your procedure/surgery

If blood sugar is 70 or below:

- ▶ Take three to four glucose tablets or drink 4 ounces of clear liquid like: apple juice or lemon-lime soda (not diet soda, not milk or orange juice)
- ▶ Recheck blood sugar in 15 minutes
- ▶ If blood sugar is not higher than 70 in 15 minutes, treat again as above
- ▶ Tell the surgical staff about the low blood sugar when you arrive for your procedure

If you have an insulin pump, call the physician managing your diabetes for instructions on adjusting your pump settings for your procedure/surgery.

- ▶ Insert new infusion set or pod the evening before procedure/surgery
- ▶ Fill infusion set/pod to capacity
- ▶ Insert new battery into the pump
- ▶ Change the pump site to a non-surgical area the day before procedure/surgery
- ▶ Bring the following supplies with you the day of procedure/surgery: two reservoirs, two infusion pods, insulin, and battery

If you use a home Continuous Glucose Monitor (CGM), you will need to remove it prior to your surgery.

Joint Replacement/Spine Procedures

If you are having joint replacement or spine surgery, you may be requested to attend a one hour class that will be scheduled at the time of the screening phone call. Your “coach”/support person is encouraged to attend this class with you. Patients having joint replacement and spine surgeries will receive special bathing instructions (as directed by your surgeon).

Intestinal Surgeries

If you are having intestinal surgery, you will receive bowel prep and special bathing instructions from your surgeon.

Confirming your Arrival time and Instructions

Your arrival time may be up to two hours prior to the time your surgery is scheduled to begin. Your arrival time and instructions will be confirmed one to two days prior to your surgery/procedure. It is important for you to arrive promptly to allow adequate time for pre-surgical preparation. If you have any questions regarding arrival time and day of procedure instructions you may call (630) 646-8129.

The Night before Your Surgery/Procedure

Drink the **first** 12 ounce bottle of Gatorade, 12 hours before your scheduled surgery time (typically happens before 11 pm). Avoid red Gatorade. Do not substitute with any other drink unless directed by your surgeon or Edward Hospital staff.

Do not eat solid food after 11 pm unless you are instructed otherwise by the Edward Hospital staff. This includes cough drops, lozenges, hard candy, mints or gum.

Do not drink any other liquids or water after 11 pm (except for a small sip of water with medications after 11 pm).

If you smoke, please avoid smoking the day of your procedure/surgery. Edward Hospital is a smoke-free campus.

Your Procedure/Surgery Day

- ▶ Drink your **second** 12 ounce bottle of Gatorade 4 hours before surgery, along with 1000 mg of acetaminophen (two Extra Strength Tylenol tablets) unless instructed otherwise by your surgeon or Edward Hospital staff
- ▶ Do NOT drink any other liquids (including water) before your surgery – except for the Gatorade or small sip of water with any other medications
- ▶ Take a shower or bath
- ▶ Do not use powders, lotions or creams
- ▶ Do not apply any makeup
- ▶ Do not shave your procedural/surgical area
- ▶ You may brush your teeth – rinse, but do not swallow any water
- ▶ Do not use any adhesives on dentures
- ▶ Remove your contact lenses
- ▶ Bring a case for your glasses
- ▶ Wear loose comfortable clothing
- ▶ Remove **all** jewelry, including wedding rings and body piercings (and leave at home)
- ▶ Leave money and all other valuables at home

You will need to bring the following items with you:

- ▶ Current Photo ID
- ▶ Insurance cards, including pharmacy card, if applicable
- ▶ List of current prescription and non-prescription medications, including dosage, strength and times taken
- ▶ Completed Advance Medical Directives and/or Power of Attorney for Health Care
- ▶ If you use CPAP/BIPAP for sleep apnea, bring the mask and tubing (please leave your machine at home, as we will provide one for you)

Note: If you are having outpatient surgery between the hours of 8 am - 5 pm, you may participate in MedPoint Services (a bedside delivery service for discharge medications) at no additional cost. To participate, please bring your pharmacy insurance card and co-pay, if applicable, with you on the day of surgery. Credit/debit cards are accepted. If you are scheduled for surgery after 4 pm, please bring your 24-hour pharmacy phone number with you.

Upon Arrival

- ▶ It is important for you to arrive promptly at your designated time.
- ▶ Park in the South Garage (located near the ER)

Surgery Check-in

- ▶ On weekdays (Monday - Friday, 5:15 am - 7 pm), enter the South Lobby and take the D elevators up to the 2nd floor, and then proceed to the Surgical and Endoscopy Check-in Desk
- ▶ After hours and on Saturdays, please report to the Registration Desk located in the South Lobby across from the Information Desk
- ▶ You will be asked to verify insurance information and sign authorization for treatment.
- ▶ Once registration is complete, you will be directed to Perioperative Services
- ▶ Women of child bearing age will be asked to provide a urine sample upon arrival in Perioperative Services

During and Immediately After Surgery

- ▶ Family members will be escorted to the Surgical Waiting Room.
- ▶ The physician will probably seek out the family after surgery to provide an update of how the surgery went.
- ▶ This is a good time to ask him/her questions, as patients having outpatient surgery may not see the surgeon again until the post-op office visit.

What happens in the Post Anesthesia Care Unit/Recovery Room?

- ▶ The nurse and the anesthesiologist will evaluate you by taking vital signs (temperature, pulse, respirations, and blood pressure) and assessing pain/nausea.
- ▶ You will be continuously monitored while in the PACU/Recovery Room.

When will I see my family?

- ▶ Typically outpatients are transferred to Phase II Recovery, "settled in" and then the family is called back to be with the patient for the remainder of the stay
- ▶ Inpatients will be reunited with their family as they are transferred to the inpatient floor
- ▶ For extended stays in the PACU/Recovery Room, family may be allowed in for a short visit

Going Home the Same Day of Your Procedure/Surgery

Please make arrangements for an adult to accompany you to the hospital and drive you home after you have been released, regardless of how "minor" your procedure is. Also, an adult needs to stay with you overnight. A cab may be used **only** if a responsible adult goes with you in the cab. This does **not** include the cab driver.

We want to make this a very good experience for you. If you have concerns while you are here that cannot be addressed by your Primary Care Nurse, please ask to speak to the Charge Nurse or Manager before you leave.

Safe Surgery

What you need to know

Safety

For your protection the staff will ask the same questions many times. They will ask you:

- ▶ Your full name
- ▶ Your date of birth
- ▶ Your doctor's name
- ▶ The name of the procedure being performed
- ▶ What part of the body will be operated on
- ▶ If you have any allergies to medicines, soaps, skin care products or adhesive tape

Informed consent

Your doctor will ask you to read and sign a consent form. Read it carefully. It includes:

- ▶ Your name
- ▶ The type of surgical procedure
- ▶ The risks and benefits
- ▶ A statement stating that you spoke to your doctor about the procedure and had your questions answered
- ▶ Your agreement to the procedure

Make sure the consent is correct, and that you understand the information.

Your surgeon may need to write their initials on your skin with a marker to make sure the procedure is performed on the correct part of your body.

“Time Out”

Just before your procedure begins, the nurse will call a “Time Out”. The nurse will state your name, the type of procedure and the part of the body where the procedure will take place. The surgical team, including the anesthesiologist, the surgeon, the surgical tech and the nurse all have to agree that the information is correct before proceeding.

Important things to remember the day of:

- ▶ Shower and wash your hair the day of your procedure
- ▶ Do not wear makeup, lotions, powders or creams
- ▶ Leave your jewelry at home
- ▶ Remove body piercings

Things We Do to Prevent Infection

Some of the ways doctors, nurses and other healthcare providers prevent infections, include:

- ▶ Cleaning, disinfecting and sterilizing equipment and supplies
- ▶ Cleaning their hands
- ▶ Wearing special hair covers, masks, gowns and gloves during your procedure to keep the surgical area clean

Things You Can Do to Prevent Infection

Before your procedure:

- ▶ Tell your doctor about other medical problems you may have – allergies, diabetes, and obesity could affect your surgery and treatment
- ▶ Quit smoking – people who smoke are shown to have more infections following surgery
- ▶ Do not shave near where you will have surgery – shaving with a razor can irritate your skin
- ▶ Ask your surgeon if you will need antibiotics for you procedure – antibiotics are recommended before some, but not all, surgeries to provide protection from infections

After your procedure:

- ▶ Make sure that your healthcare providers clean their hands with soap and water or an alcohol-based hand rub before examining you
- ▶ Family and friends should also clean their hands with soap and water or alcohol-based hand rub before and after visiting you – if you do not see them clean their hands, ask them to do so
- ▶ Family and friends should not touch the surgical wound or dressings
- ▶ Make sure you understand how to care for your wound before you leave the hospital – before you go home your doctor or nurse will explain everything you need to know
- ▶ Always clean your hands before and after taking care of your wound
- ▶ If you have any symptoms of an infection, such as redness or pain at the surgery site, cloudy drainage or fever, call your doctor right away.