

Thank you for choosing Elmhurst Memorial Hospital for your surgery. We understand that being admitted to the Hospital for surgery can be a little unnerving. To help eliminate some of that anxiety, we have compiled some information that will help you know what to expect once you arrive.

Your surgery is scheduled for (day) \_\_\_\_\_ (date) \_\_\_\_\_

To help you fully prepare for surgery, please speak with your surgeon about the procedure and recovery process. One week prior to your surgery, please stop taking Vitamin E, herbal supplements or any diet medications. Four days prior to your surgery, please stop taking any aspirin products or non-steroidal anti-inflammatory drugs (NSAIDs), such as Advil, Motrin, ibuprofen or Aleve, unless your physician gives you different instructions.

On the day before your surgery, you will be contacted by a Hospital staff member between 2:30 p.m. and 4 p.m. They will give you final instructions, including your arrival time, and answer any questions.

On the day of your surgery:

- Unless you are given different instructions, do not eat or drink anything after midnight the night before surgery. This includes hard candy, chewing gum and cough drops. It is OK to brush your teeth.
- As discussed with the pre-admission nurse, please take the following medications with a small amount of water before coming to the Hospital:  
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- Please leave all valuables and jewelry at home. If you wear reading glasses, bring them with you. For your safety, contact lenses and body piercing jewelry cannot be worn in the operating room.
- Upon arriving at the Elmhurst Memorial Hospital, 155 E. Brush Hill Rd, Elmhurst, please park in the Green parking lot and enter through the Hospital's main entrance.
- Take the elevators within the Hospital's main lobby to the second floor. The surgery reception desk will be on your left. A staff member or volunteer will greet you.
- You will be asked to provide the cell phone number of a family member or contact person if you would like your surgeon to talk with him/her about your operation.
- A family member or support person may stay with you until you enter the operating room. Additional guests are welcome to use the comfortable lounge spaces located throughout the building or visit the WILDFLOWER café, Starbucks and other retail shops on the first floor.
- To help you understand your procedure and recovery, we encourage you to review your medical record. Please speak with your nurse if you are interested.
- If you are scheduled to go home after your surgery, please arrange for a responsible adult to drive you home or accompany you in a taxicab. During the first 24 hours that you are home after surgery, it will be beneficial for you to have an adult with you who can assist you.
- If you received a Hospital ID bracelet, please bring it with you on the day of your surgery.

We want to ensure that we have addressed all of your concerns, so if you have any special needs or questions, please feel free to call the Pre-admission Testing office at (331) 221-0460.

Warmest regards,

Julie Reinhardt RN, BS, CGRN, Assistant Manager Endoscopy/PAT/PreOP/Recovery