

## Getting Ready For Your Surgery

Thank you for trusting us with your care. Please read this information to get ready for your surgery. The first step is talking with a HonorHealth pre-assessment nurse.



Expect a call from a pre-assessment nurse before your day of surgery. The two of you will review your medical history, the names and doses of your medications, and any allergies you may have. The nurse will also have personalized instructions for you about getting ready for your surgery.

If labs or tests, such as an EKG, are required before surgery, you can go to any HonorHealth hospital without an appointment. Simply take your surgeon's order to the Admitting Department. If the lab places a yellow bracelet on your wrist, please leave it on until surgery.

**The location for your surgery is:** \_\_\_\_\_

**Please arrive at the hospital at:** \_\_\_\_\_ **The time of your surgery is:** \_\_\_\_\_

### What do I need to bring?

- 🍏 Your insurance card and photo I.D
- 🍏 Only enough cash to cover co-payments, or a credit card
- 🍏 A complete list of all medications, vitamins, herbals, and supplements you take
- 🍏 If you use a rescue inhaler, please bring it with you
- 🍏 If you use an insulin pump, leave this on, running, and bring your pump supplies.
- 🍏 If you use a CPAP/BiPAP machine, please bring it with you
- 🍏 A protective case for glasses or hearing aid
- 🍏 Loose fitting clothes and flat shoes. If you are having breast surgery please bring a sports bra. If you are having surgery on your shoulders, arms, chest, or head, wear a shirt that buttons down the front. During surgery you will wear a hospital patient gown.
- 🍏 If you have a copy of your Living Will/Power of Attorney please bring it if we do not already have a copy.



#### Please do not bring:

- 🍏 Any electronics or jewelry, including wedding bands and body piercings.
- 🍏 Your daily medications, other than those noted above. We provide your usual medications during your stay.
- 🍏 Contact lenses
- 🍏 Please keep any valuables and unnecessary personal items such as jewelry, money, and electronics at home or leave them with a friend or family member. Any personal belongings kept by the patient, are the patient's responsibility and not the hospital's.

### Medication Instructions

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We may instruct you to take certain medications on the day before your procedure. Take them with a sip of water.

If you take any of the medications below, please follow the instructions to **avoid delay or cancellation** of your surgery.

- 🍎 **Blood pressure medications.** If you take blood pressure medication, you may need to stop taking it before your scheduled surgery. Please read the following page called *High Blood Pressure (Hypertension) Medications*.
- 🍎 **Blood thinners.** If you take a blood thinner such as **Aspirin, Coumadin®, Heparin®, Xarelto®, Eliquis®, Pradaxa®, or Plavix®**, please ask your surgeon and the doctor who prescribes it if you should stop taking it before surgery.
- 🍎 **Hormones.** If you take a hormone such as **Estrogen or Testosterone**, please ask your surgeon and the doctor who prescribes it if you should stop taking it before surgery.
- 🍎 **Diabetes injected medications.** If you inject medication for diabetes, please skip your dose the morning of surgery. Also, ask the doctor who prescribes it if you need to adjust your dose before surgery.
- 🍎 **Diabetes pills.** If you take oral diabetes medications. Please skip your dose the morning of surgery.
- 🍎 **Vitamins, supplements, or herbal medications.** If you take vitamins, supplements, or herbal medications stop taking them starting **2 weeks** before surgery, unless otherwise instructed by your surgeon.
- 🍎 **Diet pills or weight loss pills.** If you take diet pills or weight-loss pills, stop taking them starting **2 weeks** before surgery.
- 🍎 **Over-the-counter pain medications.** If you take over-the-counter pain medication such as **Motrin®, Advil® or Aleve®**, stop taking it **1 week** before surgery. **Exception:** Tylenol® (acetaminophen). It is OK to continue taking Tylenol® (acetaminophen).
- 🍎 **Opioid dependence medications.** If you take Opioid (narcotic) dependence medications such as **Suboxone®** (Buprenorphine/naloxone) this needs to be tapered before surgery. Do not stop taking it abruptly. Call your prescribing physician for instructions on how to do this safely.

## Bathing and Hygiene

- Do not shave or use hair removal cream at the surgical site.
- Do not use deodorants, powders, lotions, colognes, or perfumes day of surgery.
- Please shower and wash the surgical site with antibacterial soap the day before and the morning of surgery. Please read over the page called *Preoperative Bathing Instructions*.
- On the day of surgery brush your teeth and take any medications as instructed with sips of water.



## What can I eat?

### On the day before your surgery:

- Eat small meals during the day.
- Drink at least 6 to 8 glasses of water. No alcohol.
- Stop eating solid food at midnight.

### On the day of your surgery:

- No solid food.
- Follow your surgeon's instructions for stopping fluids. No alcohol
- Do not smoke

## Activity After Surgery is Better Than Bedrest

Walking, coughing, and deep breathing as soon as possible reduces your chances of developing an infection, blood clot, or other complications. It also speeds up your recovery. Standing and walking around soon after surgery helps you use your lungs, which in turn can help prevent pneumonia.

## After Surgery and Going Home

### If you go home the day of surgery

- Your recovery room nurse will instruct you on how to care for your surgical wound.
- If you use a taxi or ride service to go home, hospital policy requires that a responsible adult other than the driver be with you in the vehicle. Exception: if your surgery required local anesthesia only. (Hospital policy #OR-1032).
- Arrange for an adult to stay with you the first 24 hours after surgery.
- Anesthesia used during surgery makes all patients at risk for falling. At home, please make sure all electrical cords and rugs are removed from your walking path. Make sure you have someone to help you when bathing.
- Call your surgeon's office to schedule a follow-up appointment. This is usually 1-2 weeks after surgery.



### If you spend the night at the hospital.

- Anesthesia used during surgery makes all patients at risk for falling. If you are staying with us after your surgery, **please use the call light and wait** for staff help you get out of bed and walk in the hall.
- Arrange to have a responsible adult drive you home the day you are discharged.
- Call your surgeon's office to schedule a follow-up appointment. This is usually 1-2 weeks after surgery.
- If you spend the night in the hospital, we will call you later at home to answer any questions you may have. You can also call the **Help Line 1-833-HH-HELPS (833-444-3577)** with any questions. Nurses who can help with any issues or concerns you may have are available on Help Line 24 hours a day.

## Additional information

### Disability Forms:

- If you have disability forms for the doctor to complete, please fill them out as much as possible and drop them off at your surgeon's office.

### HonorHealth Smoke-free Campus:

- HonorHealth is a smoke free campus. Smoking and chewing tobacco are not allowed, this includes electronic cigarettes.

### Common Questions:

What is my surgery time?

- Contact your surgeon's office. They will provide you with the most up to date information.

What if I become sick before my surgery?

- If you have any changes in your health before surgery such as fever, chills, body aches, sore throat, and cough. Notify your surgeon immediately.

### HonorHealth Disclaimer:

The contents of the packet such as text, graphics, images, and other material are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this packet.

If you think you may have a medical emergency, call your doctor or 911 immediately. HonorHealth does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information mentioned in this handbook. Reliance on any information provided by HonorHealth is solely at your own risk.

If you have any questions, please call your surgeons office. Thank you for the opportunity to take care of you.

#### References:

American Society of Anesthesiologists. Retrieved from <https://www.asahq.org/>

Anesthesia Patient Safety Foundation. Retrieved from <https://www.apsf.org/news-updates/page/2/>

ERAS patient info. (n.d.). Retrieved from <http://erassociety.org/patients>

## High Blood Pressure (Hypertension) Medications

If **general anesthesia** is planned for your surgery this can interact with some types of blood pressure medications. If you take one of these medications on your day of surgery, your blood pressure could get dangerously low.

Please look at the list below for the names of blood pressure medication you take. If your medication is on the list, stop taking the medication **24 hours before surgery**. Note: This applies to the medications **only** as they are listed in the **combinations** below. If your medication is **not** on the list, **continue to take it as usual**.

<u>Drug</u>	<u>Trade Name</u>	<u>Drug</u>	<u>Trade Name</u>
Accupril	Quinapril	Fosinopril	Monopril
Accuretic	Quinapril with HCTZ	Fosinopril with HCTZ	Monopril HCT
Aceon	Perindopril	Irbesartan	Avapro
Amlodipine with benazepril	Lotrel	Irbesartan with HCTZ	Avalide
Amlodipine with HCTZ <b>and</b> Olmesartan	Tribenzor	Lisinopril	Prinivil or Zestril
Amlodipine with HCTZ <b>and</b> Valsartan	Exforge HCT	Lisinopril with HCTZ	Zestoretic or Prinizide
Aliskiren with Valsartan	Valturna	Losartan	Cozaar
Altace	Ramipril	Losartan with HCTZ	Hyzaar
Azilsartan	Edarbi	Moexipril	Univasc
Azilsartan with Chlorthalidone	Edarbyclor	Moexipril with HCTZ	Uniretic
Benazepril	Lotensin	Olmesartan	Benicar

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Benazepril with HCTZ	Lotensin HCT	Olmesartan with Amlodipine	Azor
Candesartan	Atacand	Olmesartan with HCTZ	Benicar HCT
Candesartan with HCTZ	Atacand HCT	Sacubitril/Valsartan	Entresto
Capoten	Captopril	Telmisartan	Micardis
Captopril with HCTZ	Capozide	Telmisartan with Amlodipine	Twynsta
Cliazapril	Inhibace	Telmisartan with HCTZ	Micardis HCT
Enalapril	Vasotec	Trandolapril	Mavik
Enalapril with Felodipine	Lexxel	Trandolapril with HCTZ	Tarka
Enalapril with HCTZ	Vaseretic	Trandolapril with Verapamil	Tarka
Eprosartan	Teveten	Valsartan	Diovan
Eprosartan with HCTZ	Teveten HCT	Valsartan with Amlodipine	Exforge
		Valsartan with HCTZ	Diovan HCT

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