

Getting Ready for Your Enhanced Recovery after Surgery (ERAS) – Microdiscectomy & Anterior Cervical Discectomy & Fusion (ACDF) Surgeries

HONORHEALTH®

Enhanced Recovery After Surgery (ERAS) – Microdiscectomy 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.

The location for your surgery is: _____

Please arrive at the hospital at: _____ **The date/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
- 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. 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.

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Medication Instructions

We may instruct you to take certain medications on the 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) Medication*.
- 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 medications.** Please refer to our *Pre-procedure Instructions for Patients with Diabetes* in the following pages.
- 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 **1 week** before surgery. If you take any injectable GLP-1 medications (Semaglutide, Ozempic) for weight loss **only** (and not for Diabetes) stop taking them **1 week** prior to surgery. If this is taken for Diabetes, see above *Diabetes medications* instruction.
- 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.

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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 and Olmesartan	Tribenzor	Lisinopril	Prinivil or Zestril
Amlodipine with HCTZ and 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
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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PRE-PROCEDURE INSTRUCTIONS FOR PATIENTS WITH DIABETES

People with blood glucose levels between 100 - 180 mg/dL before, during and after a procedure have better results, heal faster, and have fewer wound infections.

As soon as your procedure is scheduled, tell your doctor who treats your diabetes.

- If your blood glucose is often over 180 mg/dL, your diabetes medicine may need to be adjusted.
- If you take insulin, ask how much to take before the procedure as your dose may be changed.
- If you use an insulin pump, ask for instructions about any changes needed with the team managing your insulin pump.

If you are taking a GLP-1 (non-insulin) weekly injection medication:

Stop taking **7 days** before your procedure.

Examples are:

- Exenatide ER (Bydureon Bcise) *-injection*
- Dulaglutide (Trulicity) *-injection*
- Lixisenatide (Adlyxin) *- injection*
- Semaglutide (Ozempic, Wegovy) *- injection*
- Tirzepatide (Mounjaro, Zepbound) *-injection*

*Please note the above medication list is not all-inclusive.

If you are taking a SGLT2i or Biguanide or Sulfonylurea medication:

Stop taking **2 days** before your procedure, to protect your kidneys:

Examples are:

- Canagliflozin (Invokana)
- Dapagliflozin (Farxiga)
- Empagliflozin (Jardiance)
- Ertugliflozin (Steglatro)
- Bexagliflozin (Brenzavvy)
- Glucophage (Metformin)
- Glyburide (Glynase PresTab)
- Glipizide (Glucotrol)
- Glimepiride (Amaryl)

*Please note the above medication list may not be all-inclusive. This drug may be in combination another medication under a different name.

The morning of your procedure:

- Do not take any **medications for Diabetes by mouth** (oral) the morning of your procedure.

Examples are:

- Sitagliptin (Januvia, Zituvio)
- Saxagliptin (Onglyza)
- Linagliptin (Tradjenta)

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- Alogliptin (Nesina)
- Pioglitazone (Actos)
- Semaglutide (Rybelsus)

- Do not take **daily injectable GLP-1 (non-insulin) medication.**

Examples are:

- Exenatide (Byetta)
- Liraglutide (Victoza)

Do not take combination daily injectable GLP-1 and insulin.

Examples are:

- Soliqua (iGlarLixi)
- Xultophy (IDegLira)

*Please note the above medication list may not be all-inclusive.

- Check your blood glucose when you wake up and tell your admitting nurse.
- Do NOT take an insulin injection, except if your healthcare provider tells you otherwise.
- If you use an insulin pump and/or CGM, change your insertion set(s) away from the procedure site. Continue usual bolus doses and basal rates unless your healthcare provider tells you otherwise. Pack extra supplies for your hospital stay. You may continue using your CGM, however fingerstick blood glucose checks will be done for safety as part of your care.
- If your blood glucose is under 70 mg/dL or 80 mg/dL and you have symptoms like fast heartbeat, headachy, sweaty, shaky, confused, or dizzy:
 - Take 4 glucose tabs or 6 Life Savers® right away.
 - After 15 minutes recheck blood glucose. If still under 70, repeat glucose tabs or Life savers.
 - After 15 more minutes check blood glucose again and tell your admitting/Pre-Op nurse.

In the hospital after your procedure

- Your blood glucose will be checked often, and insulin doses will be given if needed.
- It is not safe to take diabetes pills, non-insulin injections or use your home insulin.
- Insulin pumps and CGM may be used as ordered following hospital policy.

After discharge

- Continue to check your blood glucose as directed and start your diabetes medicine.
- Check with your provider to restart:
 - Metformin (Glucophage®), especially if you received contrast dye during your procedure.
- SGLT2i (Invokana®, Farxiga® or Jardiance, Steglatro, Brenzavvy) may be restarted in 48 hours unless your healthcare provider tells you otherwise.

*If your blood glucose is under 70 mg/dL or over 250 mg/dL, two times in 24 hours, call your diabetes doctor for instructions.

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What can I eat?

On the day of your surgery:

- Follow your surgeon's instructions on when to stop solid foods and begin clear liquids. Examples of clear liquids include:
 - Water
 - Fruit juices **without** pulp, such as apple or white grape. No orange juice.
 - Gelatin in lemon, lime or orange flavors only
 - Fat-free broth or bullion
 - Sprite® or clear sports drinks like Gatorade®
 - Plain coffee or tea **without** creamer or milk.
- If your surgeon instructed, please drink 12 ounces of **Gatorade® or a preoperative drink such as Ensure Pre-Surgery®**. Finish the whole drink before your surgery at the time your surgeon instructs.
- **Exception:** If you have **Diabetes do not drink Gatorade® or Ensure Pre-Surgery®**.
- Do not drink alcohol.
- Do not smoke

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Pre-surgery bathing instructions



Before your surgery, you can lower the risk of infection by carefully washing with antibacterial soap.

Which soap should you use?

Your surgeon may tell you to use a special antibacterial soap called **Chlorhexidine Gluconate (CHG)** before surgery. Only use CHG if your surgeon tells you to, and if you're not allergic. Otherwise, please use an antibacterial soap such as Dial, Lever or Safeguard (bars or body wash).

Another brand name for CHG is **Hibiclens**, available at drugstores. Buy at least a 4-ounce bottle.

Pre-Surgery Bath on this date:

Date of Surgery:

- 1** Shower with CHG/Hibiclens or antibacterial soap the **night before and the morning of your surgery.** 
- 2**  With each shower, wash your hair and face as usual with your normal shampoo/soap. Thoroughly rinse your hair and body to remove all soap.
- 3** **Don't shave** the surgery site area. 
- 4**  **Turn off the water** before using the CHG or antibacterial soap to avoid rinsing it off too soon.
- 5** Apply CHG or antibacterial soap from your jawline down. CHG is **not** meant to be used on your eyes, ears, nose, mouth or genital area. 
- 6**  Rub it in thoroughly for **five minutes**, giving special attention to the surgery site. You don't need to scrub very hard. CHG will not lather. Turn the water back on and rinse your body well.
- 7** **Do not** wash with regular soaps after using the antibacterial soap. 
- 8**  Pat yourself dry with a **clean, soft towel** after each shower. Then put on clean clothes or pajamas and sleep on freshly cleaned bed linens.
- 9** **Don't apply any lotions, perfumes, powders or deodorant** after using the antibacterial soap the day of surgery. 

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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.

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Additional information

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.

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Pre-admission Testing Contact Information

Osborn

P: 480-580-0280

F: 480-882-6885

Shea

P: 480-323-3210

F: 480-323-3287

Piper

P: 480-323-3210

F: 480-323-3946

Thompson Peak

P: 480-324-7064

F: 480-882-5836

John C. Lincoln North Mountain

P: 602-870-6315

F: 602-870-6090

Deer Valley

P: 623-683-2700

F: 623-879-5821

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/>