

# Planning for Surgery



Date of Surgery:

We will call you between 9 a.m. and 3 p.m. the day before surgery (or Friday if surgery is on Monday) with a check-in time and location.

Important Icons:

- Please follow or you may experience a delay or cancellation of surgery.
- These are instructions for patients with diabetes.

## Leading up to Surgery

### Transportation:



- Arrange for someone you know to take you home upon discharge.
- If you are having same-day surgery, please ensure your ride will remain at Virginia Mason during your entire surgery and arrange for someone to take care of you for 24 hours following surgery.

### Medications:



- Ask your surgeon's office about when to stop using blood thinners, aspirin, anti-inflammatory medications and herbal and dietary supplements.
- Patients on an insulin pump need to speak with their endocrinologist one week prior to surgery.

### Please Remember:



- Contact your insurance company for verification of benefits and/or make payment arrangements with Patient Financial Services. Please refer to the "Patient Benefit Verification" form.

## One Day Prior to Surgery

### Personal Preparation:



- Do not shave the surgical area.
- Shower the night before or morning of the surgery. Use an antimicrobial scrub if directed by your surgeon's office.

### Medications:



- If you are a patient with diabetes and you have not consulted with a nurse in the Pre-Anesthesia Assessment Clinic, please call (206) 223-6604 to discuss your diabetic medications.
- Discontinue any erectile dysfunction medications (e.g., Viagra, Cialis) 24 hours prior to surgery.

### Please Remember:



- If you have not been called by 3 p.m. with your surgery check-in time, call your surgeon's office.
- Please refer to any special instructions provided by your surgeon's office on the back of this form.

## Morning of Surgery

### Dietary Preparation:



- ❗ Eat no food after midnight prior to surgery.
- ❗ Between midnight and two hours prior to surgery check-in time, you may have 8 ounces of black coffee or tea (no cream, milk or sugar) or water. Nothing else is allowed.
  - ❗ Children may have 8 ounces of clear apple juice or water up to two hours prior to check-in. Nothing else is allowed.
  - ❗ Infants (up to 12 months) are allowed breast milk up to 4 hours prior to surgery check-in. Formula is allowed up to 6 hours prior to surgery check in.
  - ▶ Patients with diabetes who have a blood sugar less than 100 on morning of surgery may have 8 ounces of clear apple juice instead of the above liquids.
- ❗ Do not use chewing gum and throat lozenges on the morning of surgery.

### Medications:



- Take your heart, blood pressure, anti-reflux and anti-seizure medications on the day of surgery, unless instructed otherwise by your surgeon's office.
- Bring an updated medication list. List all prescription medications, herbal/dietary supplements and over-the-counter medications. Include the dosage and how often you take these medications.
- ▶ Patients with diabetes should not take their diabetes pills on the morning of surgery.
- ▶ If you are on an insulin pump, please bring three extra insulin reservoirs and infusion sets.
- ❗ You should take these medications at the time of consuming the liquids described above.

### Personal Items:



- Wear comfortable clothes.
- Do not apply hair products or make-up prior to surgery.
- Bring these medical devices:* prostheses, crutches, braces, inhaler and CPAP.
- Bring other items:* ID card, insurance card, money for parking and prescription copays and advance directives (optional).
- Leave at home:* valuables including jewelry, wallet, purse, electronics and medications.