

# A Patient's Guide: Preparing for Your Surgery/Procedure

## ISSAQUAH

**Welcome** to Swedish/Issaquah. We look forward to giving you the very best of care. Our goal is to see that your entire experience at Swedish is excellent in every respect.

To help us do that, there are a number of things you will need to know and do to prepare for your surgery/procedure. Please take the following steps:

1. Read this handout carefully and pay particular attention to the pre-operative diet and medication instructions.
2. A representative from Swedish Medical Center will be calling you to:
  - Register you at the hospital
  - Schedule you for a pre-admission appointment with a registered nurse
3. We *highly* recommend that you schedule an onsite visit with a pre-admission nurse. The purpose of this no-cost visit is to evaluate, assess, educate and prepare you and your family for a successful and safe hospital experience at Swedish/Issaquah.

**During the preadmission interview we will:**

- Walk through your upcoming surgery, reviewing details of the procedure and reinforcing your doctor's pre-surgical instructions.
- Answer any questions you may have.
- Address any special needs (language interpreter, dietary concerns after surgery, etc.).
- Complete necessary tests ordered by your doctor, including lab and EKGs (electrocardiograms).
- Evaluate necessity of anesthesia consult.

**If you are not scheduled for an onsite visit**, you can call 425-313-5330 to arrange a pre-admission phone interview. Based on the nursing assessment, the nurse may ask you to come for testing or to see the anesthesiologist before your surgical date. An appointment will be scheduled at this time.

4. If you receive a telephone message, please promptly return the call. In order to maintain privacy and confidentiality, we cannot leave messages without your permission.
5. A pre-admission nurse will call you the afternoon before your surgical date to give you your arrival time.

### Pre-Admission Center: Pre-Admission Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Please have all of your current medicine containers with you for this appointment.

### Surgery/Procedure Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Contact Information for Swedish/Issaquah

**Surgery and Procedure Registration ... 425-313-5330**  
*Schedules pre-admit appointments (must be done prior to procedure) as well as labs/EKG appointments (if required for your procedure).*

**Pre-Admit Center .....425-313-4440**  
*Can answer questions regarding pre-admit process.*

**Pre-Admit Center (Fax) .....425-313-4441**

**Financial Assistance/Estimates .....206-386-6996**  
*Can assist with pre-procedure cost estimates and information on applying for financial assistance.*

*A map with directions and parking for the Issaquah campus is included in this packet. Check-in for Pre-Admission and Surgery/Procedure locations are detailed on the map.*

## Pre-Surgery/ Procedure Medication Instructions

# IMPORTANT

If you are taking Coumadin, Plavix, aspirin or any other anti-coagulant/blood thinner, ask your surgeon when to stop taking this medicine. (This includes aspirin-containing medication such as Anacin, Exedrin, Bufferin, Ecotrin and Alka-Seltzer).

### If you have a pacemaker or internal defibrillator, it is **VERY IMPORTANT** to do the following:

- Notify your surgeon that you have a pacemaker or defibrillator.
- Notify your heart doctor that you are going to have surgery or a procedure because your device will need to be checked before surgery.
- During your pre-admission appointment, tell the nurse that you have one of these heart devices.
- Bring the following to the hospital:
  - The name and telephone number of your heart doctor
  - The identification card for your medical device

### Changes in Your Health

Tell your surgeon if you experience any major change in your health before your surgery/procedure. Such changes may include a cold, flu, fever, infection or diarrhea.

***Unless instructed otherwise by your surgeon or anesthesiologist, please follow the guidelines below for taking medicine before your surgery/procedure.***

### **Two days before surgery/procedure:**

STOP taking all non-steroidal, anti-inflammatory medications such as:

Celebrex  
Diclofenac (Voltaren)  
Etodolac (Lodine)  
Ibuprofen (Advil, Motrin)  
Indomethacin (Indocin)  
Ketoprofen (Orudis, Oruvail)  
Meloxicam (Mobic)  
Nabumetone (Relafen)  
Naproxen (Aleve, Anaprox, Naprosyn)  
Oxaprozin (Daypro)  
Piroxicam (Feldene)  
Sulindac (Clinoril)

Also do not take the supplements ginseng, garlic and ginko.

### **On the morning of surgery/ procedure:**

DO take, with a small sip of water, prescribed medications that you usually take in the morning (except for any of those listed above).

## Pre-Surgery/Procedure Diet Instructions

Unless instructed otherwise by your surgeon or anesthesiologist, you **must** follow these diet instructions before your surgery/procedure:

<b>IMPORTANT</b>	<b>8</b> hours before arrival time	<b>STOP</b> eating solid food or drinking liquids that you cannot see through.  <b>NO FOOD</b> <b>NO MILK</b> <b>NO DAIRY PRODUCTS</b> <b>NO CREAM IN COFFEE</b> <b>NO CHEWING GUM</b> <b>NO LOZENGES</b> <b>NO ALCOHOL</b>  You may drink clear liquids. <i>Examples:</i> water, 7-Up, Gatorade, plain gelatin, apple juice without pulp, clear tea or BLACK coffee
	<b>4</b> hours before arrival time*	<b>STOP</b> taking anything by mouth, except for medications, as directed by your doctor.

\* *Exceptions:* If you are pregnant, obese or have been diagnosed with diabetes, renal failure or stomach acid reflux with heartburn, **DO NOT** take any food or drink for **eight** hours before your arrival time.

**DO** take your usual medicines with a small sip of water, unless otherwise instructed.

## The Day Before Surgery/Procedure

- The pre-admission nurse will call you the afternoon prior to your surgical date with your arrival time.
- The pre-admission nurse will review your pre-operative dietary instructions.
- You will need to shower **TWICE** within 24 hours of your surgery — take your **FIRST** shower the evening before. Follow the special shower instructions included in this packet.

## If You Have Diabetes

### Special instructions for the morning of your surgery/procedure!

**DO NOT** take ANY oral anti-diabetes medicines.

If you use insulin, check your sugar level in the morning. If your sugar level is 120 or lower, **DO NOT** take any insulin, but bring it with you to the hospital.

If you have a morning surgery and your sugar level is higher than 120, **DO** take half of your usual morning insulin dose.

If you are driving a long way the morning of surgery, **DO NOT** take your morning insulin dose, even if your glucose level is higher than 120.

If your surgery is scheduled in the afternoon, check your morning blood sugar level; then call the Pre-Admission Center at 425-313-4440.

Turn to the next page for important instructions about your day of surgery/procedure.

# Important Instructions

## The Day of Surgery/Procedure

▶ Follow the pre-surgery/procedure diet and medication instructions in this guide or as given by your surgeon.

**If you do not follow these instructions, your surgery/procedure will be delayed or cancelled.**

- ▶ Take your medications, with a small sip of water, as outlined in the pre-surgery/procedure instructions or as directed by your surgeon.
- ▶ Take your SECOND pre-operative shower just before coming to the hospital. Follow the special shower instructions included in this packet. Hair and skin should be free of personal-care products such as hairspray, perfume, gels, aftershave, facial creams, oils, lotions or hair conditioners. Also, **DO NOT** wear contact lenses or makeup.
- ▶ Wear loose, comfortable clothing and shoes.
- ▶ **Please bring the following:**
  - Your medical and pharmacy insurance cards and a photo ID
  - Only enough money (or one credit card) to pay for possible discharge-medication co-payments. **Leave ALL other valuables at home, including other credit cards, extra cash, cell phones, jewelry and rings worn every day.**
  - Any of the following that apply:
    - A list of your medications and doses, if you haven't already given them to the pre-admission nurse
    - Inhalers, if you have asthma
    - C-Pap machine and notation of your settings
    - The identification card for any implanted medical device you may have

- The name and phone number of your heart doctor
  - A consent form signed by a legal guardian for a patient who requires durable power of attorney
  - A parent or legal guardian for a patient who is under 18 years of age to sign the consent and meet the anesthesiologist
- ▶ Arrive at the hospital at the time given by the pre-admission nurse.

## Surgery/Procedure Recovery

In the recovery room, you will be cared for by specially trained registered nurses. Your time in recovery will vary, depending on the surgery/procedure. If you are going home the same day, your post-operative instructions will be discussed with you and your escort.

## Planning for Your Return Home

Please plan for your discharge needs with family and/or friends prior to your surgery/procedure.

If you are scheduled to go home the day of your surgery/procedure, you **MUST** have an adult escort to accompany you, or your surgery/procedure will be cancelled. Your escort must be available to take you home within 30 minutes of being contacted by the post-operative nurse. You may **NOT** drive yourself or travel home by bus. You may take a taxi if you have an adult escort.

We suggest you have someone with you at home after your surgery/procedure to help with shopping, child care, lifting, cooking, cleaning, etc.

## Questions?

If you need more information, please call the Pre-Admission Center at 425-313-4440.



Issaquah