



## Instructions for Before Surgery

### **Nothing to eat or drink prior to surgery (Includes water, gum, ice chips, lozenges)**

\_\_\_\_\_ After Midnight (for surgeries scheduled *BEFORE* 1:00 PM)

\_\_\_\_\_ Clear liquids only prior to 8:00 AM (for surgeries scheduled *AFTER* 1:00 PM)

Clear liquids includes: water, broth, coffee or tea without milk or sugar

### **What medications should you take morning of surgery?**

HOLD the following on the day of surgery (Diuretics, Ace Inhibitors, ARBs, Hypoglycemics)

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Hold Aspirin and Ibuprofen for 7 days prior to surgery (unless you have cardiac stents)

All other medications can be taken day of surgery with a *SMALL* sip of water (1 oz.)

It is important that you take the following:

Proton Pump Inhibitors

Beta Blockers

Aspirin (patients with cardiac stents)

### **What to bring:**

No makeup, jewelry or valuables

Wear loose comfortable clothes

Note: If you are having upper extremity surgery bring a large button or zip up top

### **What to bring if you are staying overnight:**

\_\_\_\_\_ If you use a CPAP or BiPAP machine overnight

\_\_\_\_\_ Bring all prescribed medications in original containers (except narcotics and sleep aids)

### **What to do the day before surgery:**

Call our PreOp department at 970-385-2356 in the afternoon to find out your arrival time.

The surgery schedule is not finalized until the day before due to cancellations and emergent cases. You will be asked to be here 1-1.5 hours prior to your procedure. This allows time for registration as well as appropriate preparation for your procedure.

\_\_\_\_\_ Chlorhexidine scrub should be done on your *operative area only* the night before and the morning of surgery. This will be given to you by the hospital if required.

### **What to expect day of surgery:**

Once you have checked into the front desk and completed registrations, you will be brought into the PreOp department. Visitors are limited to 2 to ensure high quality of care to our patients. The PreOp nurses will get you changed into a gown and you will be required to remove all undergarments. Urine pregnancy tests are required on all females of menstruating age, with the exception of previous hysterectomy or tubal ligation. Once you are transported to the OR, your visitors will be asked to wait in the lobby. Although they will be notified that you are in recovery room, they will only be allowed to come into Phase 2 when you are awake. Once in Phase 2, we will be able to start you slowly with food and drink. We do require a responsible adult to be present for discharge home.

If you have questions or concerns, please call the PreOp department at 970-385-2356

\* If you reach the recorder, leave a message with the best contact number.