

## PREPARING FOR YOUR PROCEDURE

**Do not eat or drink anything after midnight before your procedure, unless you have been given special instructions by your physician or our Pre-Op nurse.**

- This is extremely important. You could have serious complications if your stomach is not empty during surgery. Please ask your physician or call the Pre-Op nurse at our surgical center if you have questions about eating and drinking before your procedure.
- Children are scheduled as early in the day as possible. If your child is having surgery, please be sure that he or she does not eat or drink anything after midnight. If your child is an infant, our anesthesiologist may have additional instructions for you.
- If you or your child is taking medication for heart problems, high blood pressure, or diabetes, our Pre-Op nurse will contact you to discuss proper instructions about taking the medication on the day of surgery.
- If you develop any changes in your health between the Pre-Op visit and the day of the procedure, notify your physician. Please report even minor changes such as an elevated temperature, cough, or cold. If you suspect that you are pregnant, please notify your physician.
- Parents may want to have an additional adult to assist in accompanying a child home.

### Secure a driver before your surgery

**IMPORTANT:** For your own safety and protection, you will not be allowed to drive a motor vehicle immediately following your procedure. Please make arrangements to have someone bring you to and escort you home from the surgical center. Verification of the driver will be made prior to any procedure requiring sedation. Your surgery will be cancelled if you fail to have a responsible driver to take you home.

### Day of your procedure

- Bathe or shower and brush your teeth the morning of your surgery. Do not swallow any water.
- Nail polish and contact lenses should be removed. Do not use perfumes, colognes, or body lotions.
- Wear warm, loose fitting comfortable clothes. Shirts with front buttons or zippers are best.
- Wear socks to keep your feet warm and sensible shoes to allow safe walking.
- Leave valuables at home. There is no safe storage area for these items. Remove all jewelry and body piercing studs before leaving for the center. If your tongue is pierced, remove the stud. In case of an emergency, the stud can be an obstruction for placing lifesaving breathing instruments.

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- If you have not pre-registered at the surgical center, be sure to bring your insurance card and a photo identification card such as a driver's license with you the day of your procedure.
- Female patients: be prepared to give a urine sample. All female patients who have menstrual periods, regardless of age, will have a urine pregnancy test done prior to beginning any procedure.
- It is normal to feel anxious or a little nervous before your procedure.
- In the Pre-Op area you will be asked the name of your physician and to state what procedure you are to have. This is done to help ensure that you have been properly informed. If you are unclear about your procedure, this is the time to ask questions. We will be happy to ask your physician to speak to you, and we will try to answer all questions the best we can.
- Before anything else is done, a member of our Pre-Op team will ask you to sign a consent form. This consent form gives St. Joseph Hospital the permission to perform the documented procedure.
- The CRNA will go over the anesthesia plan before your procedure and discuss previous health history and anesthesia experience, anesthesia options, allergies, medications, as well as address pain control and concerns.
- Our goal is to answer all questions and put you at ease before your procedure.

### After your procedure

- Following your procedure, you will be moved to our fully equipped recovery area. There, you will be closely monitored by our anesthesia and nursing team. The length of stay varies, and many patients are discharged within 30 minutes after their procedure.
- In the PACU we will monitor your vitals, control your pain, and perform any procedures the surgeon requires following your procedure.
- Once you are stable, we will return you to your Pre-Op room or take you to your Inpatient room where you will be monitored. The length of this stay will vary depending on the procedure performed.
- Here you will have your vitals taken and your pain level monitored. You will also be given something to eat and drink.

### After you return home

- Your nurse will provide you with post-procedure instructions regarding diet, rest, and medication. Plan to have someone stay with you for at least 12 hours following your procedure, and pamper yourself during this time.
- Since it is normal to feel drowsy after receiving anesthetic medication, we also recommend that you postpone the following activities for 24 hours after your procedure:
  - Driving and operating equipment
  - Signing important papers
  - Making significant decisions
  - Drinking alcoholic beverages

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### Some helpful suggestions

- If your physician has given you a prescription, have it filled before your procedure. Then, after you return home, you will have the medication available when you need it.
- It is not unusual to forget small details, so write down any questions you may have and bring them with you. We will be happy to provide you with appropriate information.