

Welcome To Columbia Memorial Hospital

This brochure is designed to help you prepare for your surgery.

Your physician may schedule an appointment for you with a pre-admission nurse. The nurse will complete your health history, review ordered tests and answer any questions.

However, not all patients require a pre-admission visit and the interview may be completed by telephone instead.

Bring a written list of your current medications and dosages for the nurse to review.

Important things to do to prepare for surgery

BEFORE SURGERY

- Pre-register in the West Lobby any time between 8:00 A.M. and 4:30 P.M., Monday through Friday as directed by your physician within 2 weeks of your surgery.
- If you use blood thinners or anti-platelet medications, including Aspirin, notify your surgeon immediately. Specific instructions regarding discontinuing use of these medications will be given by your doctor.
- Arrange for transportation to and from the hospital, as you will be unable to drive yourself home if given an anesthetic or sedation.
- If you live alone and feel that you may need help at home, please arrange for someone to stay with you the night you go home.
- Plan on obtaining any prescriptions the day of discharge at your pharmacy of choice. The hospital pharmacy is unable to fill any prescriptions.

THE DAY BEFORE SURGERY

- **Do not eat or drink anything after midnight** (unless otherwise instructed by your doctor). This includes water, gum, hard candy, and lozenges.
- **Notify surgeon if you develop a sore throat, fever or any illness.**
- Do not smoke. Columbia Memorial Hospital is a smoke-free institution. Patients are not allowed to smoke. Smokers are advised that smoking on the day of surgery may interfere with the effectiveness of anesthesia and may cause nausea and dizziness after surgery. If you so desire, a Nicotine Patch may be available upon request.
- Limit alcohol intake for 24 hours prior to surgery.
- As needed, bring a list of your current medications, dosage, time usually taken and last time medication was taken.

THE DAY OF SURGERY

- It is important to arrive at the time you are instructed (usually 2 hours before surgery). Emergencies and delays are common in hospital settings. We will keep you and your family informed of any unexpected delays.
- Your family member will be given a device to alert them of events as your surgery progresses.
- Prior to your admission to the hospital, take a bath or shower using any cleansing soap. **DO NOT** shave your surgical area.
- If you take any routine heart or blood pressure pills, please take your morning medication with just a sip of water before coming to the hospital or as specifically ordered by your physician.
- Arrive at the hospital's East Lobby entrance on the morning of your surgery as directed. Surgery staff will call you the day before your surgery with your admission time and specific instructions.
- Children scheduled for Surgery are encouraged to bring a favorite toy or special belonging to the hospital. One parent or legal guardian **MUST** arrange to stay with his/her child while at the hospital.
- Your anesthesia provider will discuss with you the anesthetic most appropriate for your procedure.

- You will be monitored until you are ready to be discharged home. The nursing staff will provide for your post operative needs.
- Your length of stay after surgery will depend on the procedure, type of anesthesia given and your individual reaction.
- Your written discharge instructions will include your surgeon's phone number to call if you have problems or concerns during your recovery.
- Please bring any inhalers, insulin, glasses and/or hearing aids with you to the hospital.
- Do not wear any make-up. Leave jewelry and valuables at home.
- Bring or wear comfortable clothing for the ride home.

FOR 24 HOURS AFTER SURGERY

- Do not drive a car or operate heavy equipment.
- Do not drink alcoholic beverages.
- Do not sign important papers or make major decisions.



COLUMBIA
MEMORIAL
HOSPITAL

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