Preparing for Your Surgery

There are some things you will need to do to get ready for your surgery.

**Before Surgery**

- Before surgery, you may be scheduled for some tests such as:
  - Physical exam
  - Blood tests
  - Chest x-ray
  - Electrocardiogram (ECG or EKG)
- Tell your doctor what medicines you are taking including prescriptions, over the counter medicines, vitamins and herbs.
- Your doctor may tell you to stop taking some medicines before your surgery.
- Ask your doctor if you should take any of your medicines the morning of your surgery.
- Call your doctor before surgery if you have an infection or other illness.
- Plan to have an adult family member or friend take you home when your doctor discharges you. It is not safe for you to drive or leave alone.

**The Day Before Surgery**

- If you are a smoker, do not smoke for at least 24 hours before your surgery.
- **Do not eat or drink anything after midnight before your surgery.** This includes water, gum and candy.
- Your doctor may need you to clean out your bowel before your surgery. Follow these steps if checked (✓):
  - Take a laxative as ordered by your doctor the day before surgery.
  - For the evening meal the night before surgery, drink only clear liquids. These include:
    - Water
    - Clear broth or bouillon
    - Clear fruit juices without pulp such as apple, white grape and lemonade
Clear drinks such as lemon-lime soda, Kool-aid or sport drinks
Coffee or tea without milk or nondairy creamer
Jello or popsicles

- You may be told to take a shower with a special soap called chlorhexidine gluconate (CHG) before your surgery. This soap may be given to you, or you will need to buy a 4-ounce bottle or larger of 4% CHG soap at a drug store. A common brand name for this soap is Hibiclens. There may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies. You need to shower with CHG soap:
  - The day before your surgery
  - The morning of your surgery

Follow the instructions from your doctor or nurse on how to use CHG soap or ask for the handout, “Getting Your Skin Ready for Surgery.”

**The Day of Surgery**

- If you are to take any of your medicines this morning, take them with small sips of water only.
- Take a shower before coming to the hospital. Shower with CHG soap if you were told to do so by your doctor.
- Bring these with you:
  - A list of the medicines, vitamins and herbs you take
  - Health insurance card or financial assistance form
  - Identification card
- Please leave valuable belongings at home.
- If you have any allergies to medicines, foods or other things, tell the staff.

**Talk to your doctor or nurse if you have any questions or concerns.**