

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.

Pripreme za operaciju

Postoji nekoliko stvari koje morate uraditi da se pripremite za operaciju.

Prije operacije

- Prije operacije Vam se mogu zakazati neka ispitivanja kao što su:
 - ▶ fizički pregled
 - ▶ nalazi krvi
 - ▶ rentgen pluća
 - ▶ elektrokardiogram (EKG)
- Recite svom doktoru koje lijekove uzimate uključujući i one propisane, lijekove koji se mogu kupiti bez recepta, vitamine i biljne preparate.
- Možda će Vam doktor reći da prestanete uzimati neke lijekove prije operacije.
- Pitajte svog doktora da li trebate uzeti neki od svojih lijekova ujutro, na dan operacije.
- Nazovite svog doktora prije operacije ako imate infekciju ili druge bolesti.
- Planirajte da Vas odrasli član porodice ili prijatelj odvede kući nakon otpusta. Nije bezbjedno da sami vozite ili napustite bolnicu.

Dan prije operacije

- Ako ste pušač, nemojte pušiti najmanje 24 sata prije operacije.

- **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
 - Jell-O 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.”

- **Nemojte ništa jesti ili piti nakon ponoći prije operacije.** To uključuje vodu, gume za žvakanje i bombone.
- Možda će doktor od Vas tražiti da ispraznite crijeva prije operacije. Slijedite ova uputstva ako je kvadratić pored njih štrihiran (✓):
 - dan prije operacije uzmete laksativ u skladu sa uputstvom ljekara.
 - noć prije operacije pijte samo bistre tečnosti umjesto večernjeg obroka. One uključuju:
 - vodu
 - bistru supu ili supu od kocke
 - bistre voćne sokove bez pulpe, kao što su sok od jabuke, bijelog grožđa i limunada
 - bistra pića kao što su limun soda, praškasti instant sokovi (Kool-Aid) ili pića za sportiste
 - kafu ili čaj bez mlijeka ili nemliječnog vrhnja
 - žele ili zaleđene sokove na štapiću (Popsicles)
- Od Vas se može tražiti da se prije operacije okupate posebnom vrstom sapuna koji se zove hlorheksidin glukonat (HHG). Ovaj sapun ćete možda dobiti, a možda ćete ga morati kupiti u apoteci u vidu pakovanja u obliku flašice od 4 unce ili više tečnog, 4% HHG sapuna. Najčešća marka ovog sapuna je Hibiclens. Moguće je da postoje i jeftinije marke ovog sapuna koje proizvodi sam prodavac. Pitajte apotekara gdje se ovaj sapun nalazi u apoteci. Najčešće je na polici sa priborom za prvu pomoć. HHG sapunom se trebate istuširati:
 - dan prije operacije
 - ujutro prije operacije

Slijedite uputstva ljekara ili medicinske sestre o korištenju HHG sapuna, ili zamolite da Vam daju listić s uputama “Priprema kože za operaciju.”

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.

Dan operacije

- Ako ćete uzeti neke od svojih lijekova to jutro, uzmite ih samo sa malim gutljajima vode.
- Istuširajte se prije polaska u bolnicu. Istuširajte se HHG sapunom ako Vam je tako rekao doktor.
- Sa sobom ponesite:
 - ▶ spisak lijekova, vitamina i biljnih preparata
 - ▶ karticu zdravstvenog osiguranja ili formular za finansijsku pomoć
 - ▶ ličnu kartu
- Molimo Vas da vrijedne stvari ostavite kod kuće.
- Ako imate bilo kakve alergije na lijekove, hranu ili nešto drugo, o tome obavijestite osoblje.

Ako imate bilo kakvih pitanja ili briga, posavjetujte se sa svojim ljekarom ili medicinskom sestrom.

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