

# 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 (✓):

# 术前准备

在手术之前，您需要进行一些准备。

## 手术前

- 在手术之前，可能会安排您进行一些检查，如：
  - ▶ 身体检查
  - ▶ 血液检查
  - ▶ 胸部 x 射线透视
  - ▶ 心电图 (ECG 或 EKG)
- 将您正在服用的药物告知您的医生，包括处方和非处方药、维生素和草药。
- 您的医生会告知您在手术之前应停止服用某些药物。
- 询问您的医生，以了解手术当天早晨您是否应服用您的任何药物。
- 如果您发生感染或其他疾病，请致电您的医生。
- 做好安排，以便在您出院时由一位成年家庭成员或朋友陪同您回家。独自驾车或者离开不安全。

## 手术前一天

- 如果您吸烟，请在手术前至少 24 小时内禁烟。
- 术前晚上 12 时后禁进食或饮水，包括水、口香糖与糖块。
- 在手术之前，您的医生可能需要清理您的肠道。如果打勾 (✓)，请遵循这些步骤：

- 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.

- 在手术前一天，服用您的医生所开的泻药。
  - 对于手术前的晚餐，仅饮用清态液体。这些包括：
    - 水
    - 清汤
    - 不含苹果、白葡萄与柠檬果肉的无渣果汁
    - 诸如柠檬莱姆味苏打水、Kool-aid 或运动饮料之类的清饮料
    - 不含奶或者非乳制知己的咖啡或茶
    - 果冻或冰棒
  - 您可能会被告知在术前用名为葡萄糖酸洗必泰 (CHG) 的特殊皂液进行淋浴。该皂液可能会提供给您，或者您需要在药店购买 4 盎司一瓶或更大包装的 4% CHG 皂液。此皂液的通用品牌名称为 Hibiclens。可能有花费更少的专供品牌。可能有价格更便宜的非品牌产品。请咨询药房的药剂师以找到所需产品。它经常与急救用品放在一起。您需要使用 CHG 皂液进行淋浴：
    - 手术前一天
    - 手术当天早晨
- 遵循您的医生或护士告知的使用说明来使用 CHG 皂液，或者查阅《皮肤术前护理》手册。

## 手术当天

- 如果当天早晨您需要服用任何药物，请仅用少量几口水送服。
- 前往医院前请淋浴。如果您的医生告知您用 CHG 皂液淋浴，请遵照执行。

- 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.**

- 请携带以下物品：
  - ▶ 您服用的药物、维生素与草药清单
  - ▶ 医疗保险卡或者财务资助表
  - ▶ 身份证
- 请将贵重物品留在家中。
- 如果您对任何药物、食物或其他物品过敏，请告知医护人员。

如有任何疑问或担心，请告知医生或护士。

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Preparing for Your Surgery. Simplified Chinese.