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。