

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 (✓):

術前準備

在手術之前，您需要進行一些準備。

手術前

- 在手術之前，可能會安排您進行一些檢查，如：
 - ▶ 身體檢查
 - ▶ 血液檢查
 - ▶ 胸部 X 光透視
 - ▶ 心電圖 (ECG 或 EKG)
- 將您正在服用的藥物告訴您的醫生，包括處方和非處方藥、維生素和草藥。
- 您的醫生會告訴您在手術之前應停止服用某些藥物。
- 詢問您的醫生，手術當天早晨您是否應服用您的任何藥物。
- 如果您發生感染或其他疾病，請致電您的醫生。
- 做好計畫，以便在您出院時由一位成年家庭成員或朋友陪同您回家。您獨自駕車或者離開不安全。

手術前一天

- 如果您吸煙，請在手術前至少 24 小時內禁煙。
- 術前晚上 12 時後禁進食或飲水，包括水、口香糖與糖塊。
- 在手術之前，您的醫生可能需要清理您的腸道。如果打勾 (✓)，請遵循這些步驟：

- 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.

- 在手術前一天，服用您的醫生所開的瀉藥。
 - 對於手術前的晚餐，僅飲用清液體。這些包括：
 - 水
 - 清湯
 - 不含蘋果、白葡萄與檸檬果肉的無渣果汁
 - 諸如檸檬萊姆味汽水、Kool-aid 或運動飲料之類的清澈飲料
 - 不含奶或者非乳製奶精的咖啡或茶
 - 果凍或冰棒
 - 您可能被告訴在術前用名為葡萄糖酸洗必泰 (CHG) 的特殊皂液進行淋浴。該皂液可能會提供給您，或者您需要在藥店購買 4 盎司一瓶或更大包裝的 4% CHG 皂液。此皂液的通用品牌名稱為 Hibiclens。可能有價格更便宜的非品牌產品。請諮詢藥房的藥劑師以找到所需產品。它經常與急救用品放在一起。您需要使用 CHG 皂液進行淋浴：
 - 手術前一天
 - 手術當天早晨
- 遵循您的醫生或護士告訴的使用說明來使用 CHG 皂液，或者查閱《手術前的皮膚準備》傳單。

手術當天

- 如果當天早晨您需要服用任何藥物，請僅用少量幾口水送服。
- 前往醫院前請進行淋浴。如果您的醫生告訴您用 CHG 皂液淋浴，請遵照執行。

- 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.

- 請攜帶以下物品：
 - ▶ 您服用的藥物、維生素與草藥清單
 - ▶ 醫療保險卡或者財務資助表
 - ▶ 身份證
- 請將貴重物品留在家中。
- 如果您對任何藥物、食物或其他物品過敏，請告訴醫護人員。

如有任何疑問或擔心，請告訴醫生或護士。

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Preparing for Your Surgery. Traditional Chinese.