

Baylor Medical Center at Uptown

Preoperative Patient Information and Checklist

- ◇ **Instructions from the surgeon:** Your surgeon will instruct you about your surgery start time and when to arrive at Baylor Medical Center at Uptown. Please contact your Surgeon's office with any questions in regards to this.
- ◇ **Changes in your health status:** Please contact your surgeon before your surgery if you have any changes in your health status such as heart problems, breathing difficulties, fever, chills, or cough.
- ◇ **Night before surgery:** Do not eat or drink after midnight the night before your surgery. This includes water, hard candy, and chewing gum. The anesthesia provider may contact you before surgery to discuss your preparation for surgery. In special cases, the anesthesia provider may adjust the cut off time for food and drink; please follow their instructions. You should ask the anesthesia provider what medications you may take after midnight.
- ◇ **What items to bring:** It is very important that you bring the following items:
 - Photographic proof of identification.
 - All Insurance and/or Medicare cards.
 - Check, cashier check, credit card or cash for your co-payment.
 - Prescribed medications in their properly labeled containers for the nurse to administer.
 - Contact lens and eyeglass wearers will need to bring a case and solution as appropriate, as you will have to remove them prior to your surgery.
 - Bring loose fitting clothing that is easy to put on following surgery. For an example, button or snap shirts, sweat pants or shorts will help you be more comfortable.
 - Bring extra pillows, outerwear or any items necessary for your ride home.
- Other:
 - Special equipment that you use such as a CPAP machine, nebulizer, wheelchair.
 - If you will be using crutches post-operatively and have crutches you would like to use, please bring them with you.
- ◇ **What items to leave at home or with family members:**
 - All jewelry including wedding bands, watches and body piercing items.
 - Hairpins and hair clips.

(Please see the back side of this page)

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- ◇ **Arrival at the hospital and surgery preparation:** On the date of surgery you should come to the hospital admitting area for check-in. From there, you will proceed to a pre-op where you will complete the clinical process of surgery preparation. The steps are:
 1. Your surgery information will be thoroughly reviewed by a registered nurse.
 2. The surgical site will be prepped and marked.
 3. You will remove all clothing including underwear and put on a hospital gown.
 4. You should remove your contacts and glasses.

- ◇ **While you are in surgery:** Your family or friends may wait in your room. In respect of your privacy we recommend no more than two persons to accompany you on the surgery day. During the surgery, the staff will provide your family or friends information about your progress. They are welcome to visit our cafeteria for beverages and food.

- ◇ **Discharge to home:** You will not be allowed to drive yourself home after surgery so arrangements are necessary. For your safety we will not be able to discharge you to a Taxi, so please make arrangements to have family or a friend drive you home.

- ◇ **Overnight stays:** Your doctor may have you stay in the hospital overnight. You may bring your personal items such as toothbrush, toothpaste, hairbrush, bathrobe, and slippers the day of surgery. Your patient room has a private bath, TV, and telephone. The nursing staff will assist you with planning your meals based on your postoperative progress.

Accommodations can be made for one family member to spend the night if that is helpful to you. Visiting time is open from morning to evening. At 9:00P.M., visitors are encouraged to leave so that you may get your necessary rest. If you have any questions please do not hesitate to ask the nurses.