

Surgical Prep

Surgery

Procedure: _____

Date: _____

We will call you 2-3 days before your procedure with pre-operative instructions and your arrival time.

Please take time to read this now as there is information that may apply prior to your procedure.

Pre-operative Exam

When you schedule your procedure, our team will notify you if a pre-operative History and Physical (H&P) is required. You will need to complete your pre-op physical within 30 days of your procedure. To schedule, call 320-864-7816.

Date and Time: _____

Provider: _____

Clinic: _____



Glencoe

REGIONAL HEALTH



Before Your Surgery

Once you and your surgeon have decided surgery is necessary and you have a proposed date for your procedure, our prior authorization team will contact your insurance company. Most insurance companies require up to 7-10 days to verify benefits and process these requests. If we experience delays with your insurance, we may need to reschedule your procedure. If your procedure is self-pay or has been denied by insurance, a financial representative will call you to discuss your options.

Prior to your surgery if you develop a cold, cough, fever, or flu, please call us at 320-864-7724 to determine if your procedure needs to be rescheduled.

For your safety, arrange for a responsible adult to take you home and remain with you overnight following discharge. If you do not have transportation arrangements, your procedure will need to be rescheduled. The only exception is for patients not receiving sedation. Patients receiving local anesthetic do not require a driver.

Discuss a plan with your primary care provider if you:

- Take blood thinning medications such as Coumadin® (warfarin), Plavix® (clopidogrel), Eliquis® (apixaban), Lovenox® (enoxaparin), Pradaxa® (dabigatran etexilate), Xarelto® (rivaroxaban) or aspirin/baby aspirin. Please call the surgery department as soon as possible at 320-864-7724 if your primary care provider does not approve a temporary stop of your blood-thinning medications.
- Take supplements or herbal medications
- Have diabetes, for glucose management instructions
- Also discuss risks and potential complications of this procedure

Forms Needing Completion and/or Arranging for Time Off from Work:

Time-off policies vary among employers. Ask your employer if you need to complete any forms prior to your surgery (i.e. FMLA, Workers Compensation, Disability). If so, please bring these forms to your pre-operative physical, the clinic registration desk, or fax them to **320-864-7998**. When they have been completed, a hospital employee will contact you for pick up.

The Night Before Your Surgery

- Bathe or shower (full body) with regular or antimicrobial soap.
- Do not shave the surgical site, as this will be part of your prep at the time of surgery.
- Medications, except those listed on page 5, may be taken at your usual time, or as instructed by your primary care provider.



The Day of Your Surgery

Please follow the instructions below and those you receive by phone from our surgical team:

Follow these restrictions based on your arrival time.

What can you eat and drink before arriving for surgery?		
Food/Beverage	Fasting Period	Examples
Alcohol	24 hours	Beer, wine, liquor
Heavy Meal	8 hours	All meats, fish, and fatty foods, including fried and deep-fried foods.
Light Meal	6 hours	Toast, cereal, crackers, fruit, vegetables, yogurt
Infant Formula & Milk	6 hours	Formula (all types), cows' milk, soy milk, almond milk
Breast Milk	4 hours	Breast Milk
Clear Liquids	2 hours	Water, juice without pulp, Gatorade, Pedialyte, carbonated beverages, plain tea (no dairy additives), black coffee (no milk or creamers), popsicles, Jello

- See the "Your Medications" section of this booklet to determine whether you should take your daily medication.
- Refrain from all drug use, including marijuana products. Drug usage increases the risk of heart attack, stroke, and death. A positive drug screen may cause your procedure to be rescheduled.
- Do not drink alcohol, smoke, vape, or chew tobacco.
- Bathe or shower (full body) the morning of your surgery with regular or antimicrobial soap.
- Wear loose clothing that will fit comfortably over your surgical bandages.
- Do not chew gum or consume hard candies, cough drops, or mints the morning of your surgery.
- Do not take any chewable or liquid antacids such as Tums, Mylanta, or Rolaids.
- Do not wear contacts, make-up, false eyelashes, or nail polish.
- Remove all jewelry and body piercings.
- Hair extensions with metal fasteners must be removed.
- Do not bring valuables, to the hospital. We are not responsible for lost or stolen items.
- Bring your crutches, walker, or any other assistive devices necessary to your mobility.
- Bring your CPAP machine, eyeglasses (with case), hearing aids, and dentures.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.
- Bring your remote control, if you have a nerve stimulator.
- Bring your Health Directive, if it's not already on file.
- Bring a list (or containers) of all of the prescriptions and over-the-counter medications you are currently taking. Inform the nurse of any allergies or medical restrictions.
- Bring your photo ID and insurance cards.
- Arrive at your scheduled time so as not to delay your surgery.
- Come to the reception desk at the hospital entrance. You will then be directed to the Same Day Surgery area, where you will be prepared for surgery. Family members are encouraged to wait during the procedure and be available for consultation afterwards.
- Females: If you have not yet gone through menopause, we will perform a urine pregnancy test before your procedure. If you can't wait to use the restroom until after you arrive at the hospital, or are unable to provide us with a urine sample, we may take a blood sample instead. Do not, however, try to achieve a full bladder by drinking liquids the morning of surgery, as this may cause delay or rescheduling of your procedure.
- If your blood glucose is too high (200 mg/dL) prior to surgery, there may be a higher risk of complications and may be a factor in postponing your procedure.



Your Medications

Whether or not to take a medication the morning of surgery depends on the type of medication. Please discuss with your primary care provider any medications that are not on the list below. We also ask that you bring your current medications with you to the hospital on the day of surgery.

The following may be taken with a sip of water at the usual time (or just before surgery if your normal time falls during your surgery).

You may take:

For your heart

- Calan®[®], Covera®, Isoptin®[®], or Verelan®[®] (verapamil)
- Cardizem®[®] (diltiazem)
- Cordarone®[®] (amiodarone)
- Imdur®[®] or Isordil®[®] (isosorbide)
- Inderal®[®] (propranolol)
- Lanoxin®[®] (digoxin)
- Tenormin®[®] (atenolol)

For your lungs

- Accolate®[®] (zaflirlukast)
- Advair®[®] (fluticasone propionate/salmeterol)
- Flovent®[®] (fluticasone propionate)
- Deltasone®[®] or Sterapred[®] (prednisone)
- Pulmicort®[®] (budesonide)
- Singulair®[®] (montelukast)
- Symbicort®[®] (budesonide/formoterol)
- Any inhalers

For high blood pressure

- Catapres®[®] (clonidine)
- Coreg®[®] (carvedilol)
- Corgard®[®] (nadolol)
- Lopressor®[®], Toprol XL®[®] (metoprolol)
- Norvasc®[®] (amlodipine)
- Inderal®[®] (propranolol)
- Procardia®[®] (nifedipine)
- Tenormin®[®] (atenolol)

For your stomach

- AcipHex®[®] (rabeprazole)
- Nexium®[®] (esomeprazole)
- Pepcid®[®] (famotidine)
- Prevacid®[®] (lansoprazole)
- Prilosec®[®] (omeprazole)
- Protonix®[®] (pantoprazole)
- Tagamet®[®] (cimetidine)
- Zantac®[®] (ranitidine)

Special instructions:

You SHOULD NOT take:

Supplements or herbal medications

Discuss with your primary care provider if you should stop these before surgery.

7 Days Before Your Procedure:

STOP taking GLP-1 Agonist weekly injectables (examples: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro) and daily oral tablets (example: Rybelsus).

STOP taking these appetite suppressants: Phentermine, Qsymia®, Contrave®.

5 Days Before Your Procedure:

STOP taking aspirin/baby aspirin, ibuprofen, or arthritis drugs until your procedure, or your procedure may be rescheduled. You may take acetaminophen.

STOP taking blood thinning medications such as Coumadin® (warfarin), Plavix® (clopidogrel), Eliquis® (apixaban), Lovenox® (enoxaparin), Pradaxa® (dabigatran etexilate), Xarelto® (rivaroxaban).

4 Days Before Your Procedure:

STOP taking SGLT-2 Inhibitor daily oral tablets (examples: Invokana, Farxiga, Jardiance, Steglatiro).

2 Days Before Your Procedure:

STOP taking diabetes medications such as Glucophage® (metformin) or Micronase® (glyburide).

1 Day Before Your Procedure:

STOP taking GLP-1 Agonist daily injectables (examples: Byetta, Victoza, Saxenda).

Day of Your Procedure:

STOP taking medications for high blood pressure: Diuretics (water pills), Dyazide®, Maxzide® (triamterene / hydrochlorothiazide (HCTZ), Lasix® (furosemide), Avapro® (irbesartan), Cozaar® (losartan), Diovan® (valsartan), or Zestril® (lisinopril).

If you have questions about taking your medications before surgery, call your primary care provider at **320-864-3121 or the Same Day Surgery Center at **320-864-7724** between 7:00 a.m. and 3:30 p.m.**



The Surgical Process

In the Same Day Surgery area:

- You will change your clothes and your nurse will review your medical history and check your temperature, blood pressure, pulse, and respirations.
- You will receive an intravenous (IV) line, unless you receive local anesthesia.
- You will meet your anesthetist, who will review your medical, surgical, and anesthetic histories, and discuss your anesthetic options for your procedure.
- Your surgeon will review the surgical procedure and discuss any concerns or questions that you may have. He or she will verify the surgical site and mark the appropriate area. Your surgeon will also explain any bandages, tubes, or drains that you may have after surgery. When the surgeon is ready, a nurse will escort you to the operating room.

In the operating room:

- You will lie on the operating room table and the nurse will give you warm blankets.
- Your anesthetist will attach monitors for tracking your blood pressure, heart rate, and blood oxygen levels and start your anesthetic.



After Your Surgery

If you have received primarily local anesthesia and are not heavily sedated, you will return directly to the Same Day Surgery area.

If you receive general or regional anesthesia, you will be awakened in the operating room and then taken to the recovery room. You will be in the recovery room about 30 to 60 minutes. While in the recovery room, you will be warmed with blankets, given oxygen, and have your temperature, blood pressure, and pulse taken frequently.

Your discomfort after surgery will depend on your operation. Your surgeon and anesthetist can use many different techniques and medications to keep you comfortable. Please discuss any concerns with your surgeon and anesthetist. While in the recovery room, you can receive pain medication for your discomfort. Let your nurse know if you are uncomfortable.

After you have further awakened, are feeling comfortable, and your blood pressure and pulse are stable, you will be discharged from the recovery room.

- If you are discharged from the hospital the same day as your surgery, you will be returned to the Same Day Surgery area. Most patients are discharged after an hour in the Same Day Surgery area.
- If you are admitted to the hospital for observation or additional care, your clothing and any other belongings will accompany you to your room.



Your Hospital Discharge

If you are admitted to the nursing floor, your hospital discharge will depend on your recovery from the surgical procedure and be determined by your surgeon and/or primary care provider.

If you are to be discharged directly from Same Day Surgery:

- The nurses will evaluate your condition and monitor your progress.
- Work your way up to a normal diet. If your provider wants you to limit your diet for a time period, they will tell you.
- Discharge is based on predefined criteria and when you meet those criteria, your nurse will prepare you for discharge.
- The nurse will give you instructions for your care at home and make you aware of signs to look for during the hours immediately after your discharge.
- You will be given an appointment for a return visit to your primary care provider or surgeon for follow-up care.
- It is important to remember that you have received medications and anesthetics that can have prolonged effects.
- **You must have a responsible adult take you home and remain with you overnight following discharge.** Your driver must meet you in the Same Day Surgery Area to take you home.

For 24 hours following surgery:

- Do not drive a car or operate machinery.
- Do not walk or take transportation alone.
- Do not make important decisions.
- Do not drink alcohol.

After arriving home, if you experience any problems or changes in your physical condition, **contact your primary care provider immediately at 320-864-3121.** If unavailable, ask to speak to a Same Day Surgery or Emergency Room nurse.

Interpretive services are available. Tenemos intérpretes de español.



REGIONAL HEALTH

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