

CHECKLIST Shortly Before You Arrive

The Day Before and Morning of Surgery

General Preparation

- Double-check the date and time of the surgery.
- Pay special attention to how the patient is feeling. A person should be in the best possible health when having surgery.
- If you have questions, call a preoperative nurse at **651-229-3918**.
- Pack for the hospital stay if you haven't already. (See *What to Bring*, page 14.)
- Gather the medical, legal, insurance and contact information we've asked for. (See *What to Bring*, page 14.)

Washing

We provide a **skin and hair preparation kit** that includes products to cleanse skin and/or wash hair. If you haven't received the products, see the **Important Reminder** document included with this guide.

Follow the instructions we provide with the kit. The process reduces bacteria on skin and in hair, which decreases the chance of infection after surgery.

We ask the patient to shower and use the provided products **twice**:

- On the **night before** surgery
- On the **morning of** surgery

Other washing instructions for the patient include:

- Don't shave.
- Don't use lotions, hair spray or other hair-styling products.
- Remove all make-up, lotion and nail polish.

The Night Before Surgery

Instructions for the patient include:

- Sleep in **newly washed** pajamas and underwear.
- Use **newly washed** sheets, blankets and pillowcases.
- Try to have a **bowel movement**. Normal activity patterns and diet change after surgery, which can lead to constipation. Anesthesia, medicines and the surgery itself also can lead to constipation.

The Morning of Surgery

Instructions for the patient includes:

- Braid long hair to prevent tangling.
- Remove all metal hair pins, clips or fasteners.
- Remove all jewelry (including body piercings). If any jewelry cannot be removed, tell a preoperative nurse after you arrive at Gillette.
- Don't wear contact lenses.
- For girls and women who know they'll have their period on the day of surgery: Use a pad, not a tampon.



When to Stop Eating, Drinking, and Taking Medicines

Most surgeries require general anesthesia. That means the patient is unconscious during the procedure. For safety reasons, the patient’s stomach must be empty during surgery.

About a week before surgery, during a preoperative phone call from a nurse, we tell you when the patient should stop eating, drinking, and taking medicines. Use the form below to write down the dates and times we tell you. **If you don’t follow these instructions, surgery might be rescheduled or canceled.**

Eating and Drinking Instructions

Health Care Provider’s Name: _____

Surgery/Procedure Date: _____ Arrival Time: _____

9 Hours Before Surgery

STOP eating solid foods and drinking liquids that aren’t clear, including:

- Milk
- Orange juice
- Shakes, smoothies and similar drinks containing milk or yogurt
- Pudding
- Cereal (including baby cereal)
- Scrambled eggs
- Sandwiches
- Candy, gum and mints
- Thickener added to food or liquids
- Baby cereal added to infant formula



on _____ at _____ a.m. / p.m.
(date) (time)

7 Hours Before Surgery

STOP giving baby formula and tube feedings

on _____ at _____ a.m. / p.m.
(date) (time)



5 Hours Before Surgery

STOP giving breast milk

on _____ at _____ a.m. / p.m.
(date) (time)



3 Hours Before Surgery

STOP drinking clear liquids, including:

- Water
- Apple, grape and cranberry juice
- Kool-Aid
- Jell-O
- Popsicles
- Tea
- Coffee



on _____ at _____ a.m. / p.m.
(date) (time)

Do not eat or drink ANYTHING after this time.
Dates and times are subject to change. We’ll notify you of any schedule revisions.