

# My *Pre-Op* Checklist - BWFH

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## 10- 14 Days Before Your Surgery

- Discontinue any herbal supplements, including Vitamin E and fish oil.
- If you take daily aspirin check with your doctor and discontinue if possible.
- You may have a pre-admission testing appointment at the Weiner Center. At this appointment you will have a physical exam and will discuss anesthesia. The appointment also may include blood work, EKG, and/or a chest x-ray.
- If you are otherwise healthy you may receive a pre-admission phone call instead of a testing appointment.
- If you have more questions about anesthesia after this appointment or phone call, you can call their office at **(617) 983-7179**.

## 7 Days Before Your Surgery

- If you take blood thinners, check with your doctor and discontinue if possible.
- Arrange to have someone drive you home once you are ready to be discharged from the hospital.
- Arrange for someone to be at home with you during the first 24 hours after surgery.

## 2 Days Before Your Surgery

- Discontinue any NSAID medications, such as ibuprofen (Advil, Motrin) or naproxen (Aleve). These medications can cause bleeding. Acetaminophen (Tylenol) is ok to take.

## The Day Before Your Surgery

- Call the Day Surgery Unit at **(617) 983 -7179** to confirm your time of arrival for surgery
- Do not eat or drink anything after midnight the night before surgery, unless you need a small sip of water to take your medications.
- Remove your nail polish.
- If you will stay overnight in the hospital after your surgery, pack a bag for your hospital stay. Don't forget your:
  - Asthma inhalers, CPAP or other breathing devices
  - Eyeglasses, dentures, hearing aids
  - Comfortable clothes to wear home, including any post-surgical garments you have been prescribed or given.
  - A pillow to put under your seat belt chest strap, if appropriate.

## The Morning of Your Surgery

- If you are advised to take a medication, just take with a small sip of water.
- If you are diabetic, do not take insulin or diabetes medications.
- You may brush your teeth.
- Do not wear contact lenses.
- Do not wear any jewelry including rings.
- Do not put on any lotion, cream, powder, deodorant, makeup or perfume

**Report to the Day Surgery Pre-Op unit on the first floor of the hospital at your designated time.**