

# My Pre-Op Checklist - BWH

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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. This appointment will take place 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) 525 - 7024**

## 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

- Please call your surgeon's administrative assistant to confirm your arrival and surgery times.
- 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.

## If You Are Having Day Surgery

- Please report to the 75 Francis Street entrance of the Brigham and Women's Hospital, and take the Amory Service elevators down to floor L1 to check in at the Day Surgery Department.

## If You Are Staying the Night In The Hospital

- Please report to the Scharf Admitting Center in the Schuster Lobby on floor 1 at the 75 Francis Street entrance.