

# Patient Instructions for Surgery

You are scheduled for the following procedure/surgery: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Surgeon Name: \_\_\_\_\_

**Surgery time schedules are subject to change and are not final until 2 p.m. one business day prior to surgery.**

## 1. Preoperative (Pre-Op) Testing:

Required preoperative testing at the Northwestern Memorial pre-op clinic must be completed at least five days before surgery. Please call **312-926-4566** to make an appointment.

- Please bring your written physician orders to this visit.
- Your total appointment time will take about one to two hours depending on the testing required.
- Arrive 15 minutes early and bring in any medications you are presently taking, either bottles or written list with dosages.
- The pre-op clinic is located at 233 E. Superior St., Olson Pavilion, first floor. If you have questions about your pre-op testing, please call **312-926-4566**.

If your testing is being done at a different hospital or a physician office, it must be completed at least seven days before surgery.

## 2. Medication Use Prior to Surgery:

Be sure to tell your surgeon what medications you are taking including prescription, over-the-counter and herbals. You may need to stop taking certain medications prior to surgery. If you have questions, please call a surgery nurse at **312-926-1490**.

- Stop taking aspirin or any medications that contain aspirin at least seven days before surgery. However, if your physician has prescribed aspirin for a specific reason, such as heart disease, history of stroke or stents, please contact your physician for instructions and notify your surgeon.
- Stop taking any anti-inflammatory medicine such as ibuprofen (Advil, Motrin) and all herbal supplements at least seven days before surgery.
- You may take acetaminophen (Tylenol) to relieve minor pain.
- If required, start your bowel preparation as directed by your physician.

## 3. The Day Before Surgery:

The day before your surgery, or on Friday if your surgery is on Monday, a preoperative nurse will call you between the hours of 2 and 5 p.m. to discuss:

- Arrival place, time and **estimated** surgery time
- Diet and medication guidelines before your surgery
- Discharge timing or if you require a hospital stay

If you do not receive a call by 5 p.m., miss the call or would like to talk with the preoperative nurse, please call before 8 p.m.

- Olson Pavilion: **312-926-7937**
- Feinberg Pavilion: **312-926-5450**
- Prentice Women's Hospital: **312-472-0610**

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## 4. The Night Before Surgery:

Unless otherwise instructed, do not eat or drink any fluids, including water, gum, mints, tobacco and cough drops, after midnight. Doing so may cause your surgery to be cancelled or delayed. You may brush your teeth but do not swallow water.

**See Other Side**

## 5. The Day of Surgery

Please arrive for surgery as instructed by the preoperative nurse, generally one to two hours before your surgery. Do not chew gum or tobacco, smoke or eat mints or hard candy before surgery.

- Remove **all** jewelry and piercings. Do not bring valuables to the hospital.
- Please remember to bring:
  - Photo ID and medical insurance card
  - Advanced directives, living will or power of attorney (if applicable)
  - Current list of all medications including over-the-counter and herbal supplements
  - List of allergies
  - CPAP device if you have sleep apnea
  - Assistive devices/equipment that you may require after surgery
  - Books/magazines to read in case you experience a delay
- When you arrive, check in at the surgery registration desk.
- Once you are called to your pre-op room, two family members, age 16 or older, may visit with you at one time.

We make all efforts to begin surgery at your scheduled start time but delays can and do occur. If your procedure is delayed for any reason, we will keep you and your family updated.

## 6. While You are In Pre-Op:

- The nurse will review your health history and will place an IV (into the vein) in your hand or arm for fluids and medicines.
- An anesthesia provider will talk with you about pain control and anesthesia used during and after surgery.
- A member of the surgical team can answer your questions.

## 7. After Surgery and/or Discharge:

After surgery you will be moved to the recovery area. The time of discharge/recovery time varies depending on the procedure. The recovery room nurse will provide your family/visitors with updates.

If you do not need to be admitted to the hospital, your nurse will assess your readiness to go home, including your:

- Ability to walk, use crutches, etc.
- Ability to urinate adequate amounts
- Nausea and/or pain control

Before discharge, you will be given written instructions about how to care for yourself at home along with any prescriptions for medications.

For your safety, you will need a responsible adult age 18 or older to accompany you home. Please have a ride arranged and available when you are ready to leave. You cannot leave alone.

## 8. Surgery Locations:

**Olson Ambulatory Surgery Center**

Olson Pavilion

710 N. Fairbanks Court

Sixth Floor Registration Desk Check-in

**Prentice Ambulatory Surgery Unit**

Prentice Women's Hospital

250 E. Superior St.

Sixth Floor Registration Desk Check-in

**Same Day Surgery**

Galter Pavilion

201 E. Huron St.,

Fifth Floor Registration Desk Check-in

Parking is available for patients and guests in the parking garage at 222 E. Huron St., across from the Galter and Feinberg pavilions or at 223 E. Superior St., across from Prentice Women's Hospital.

Please bring your parking ticket in with you to have it validated. Current parking costs:

- \$10 for less than seven hours
- \$24 for seven to 24 hours

If your family members would like hotel discount information, please call 312-926-7666.

Please access the following website for information on what to expect before and after surgery, as well as the day of your procedure:

**[nmh.org/nm/hospital-guide-surgical-instructions](http://nmh.org/nm/hospital-guide-surgical-instructions)**.

Smart Phone Users  
with a QR Code  
Reader App:  
Scan here to visit  
the NMH.org  
Surgical Instructions  
webpage.

