

## Patient Instructions for Surgery

You are scheduled for: \_\_\_\_\_

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.**

### **Required Preoperative (Pre-Op) Testing:**

If your tests are being completed at the Northwestern Memorial Pre-Op Clinic, your visit should occur between seven and twenty-one days before surgery. Please call **312-926-4566** as soon as possible to schedule your Pre-Op Clinic appointment. This helps avoid delays.

*\*If you are currently taking anticoagulant medication (e.g., Coumadin, Warfarin, Plavix), your Pre-Op Clinic visit should occur at least two weeks prior to surgery.*

- Please bring your written doctor's orders and all current medications, either bottles or written list with dosages.
- Your total appointment time will take about one to two hours depending on the testing required.
- Plan to arrive 15 minutes early.
- The pre-op clinic is located at 259 E. Erie 17<sup>th</sup> 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 doctor's office, it must be done at least seven days before surgery.

### **Medication Use Before Surgery:**

Be sure to tell your surgeon what medications you are taking including prescription, over-the-counter, and herbal supplements. You may need to stop taking certain medications before surgery, so be sure to discuss with your doctor.

- Stop taking aspirin or any medications that contain aspirin at least seven days before surgery. However, if you are taking aspirin for a specific reason, such as heart disease, history of stroke or stents, please contact your doctor 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 doctor.

### **The Day Before Surgery:**

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

- Arrival time and place, 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., missed the call, or would like to talk with the pre-op nurse, please call before 7 p.m.

- Olson Pavilion: **312-926-7937**
- Feinberg Pavilion: **312-926-5450**
- Prentice Women's Hospital: **312-472-0610**
- 259 East Erie: **312-472-5779**

Please be aware that surgery times may change and are not final until 2 p.m. one business day prior to surgery.

### **What to Eat or Drink Before Surgery:**

**Unless instructed otherwise**, please follow the following guidelines regarding what you may eat or drink prior to surgery. Failure to follow the instructions you are provided may cause your surgery to be delayed or cancelled.

- Do not eat anything including, gum, mints, tobacco and cough drops, after midnight.
- You may have plain water, black coffee/tea (no milk or cream may be added, however, sugar and artificial sweeteners are permitted), apple juice, or Gatorade up to **two hours prior to your scheduled arrival time at the surgery center**. All other beverages/drinks are to be avoided after midnight.

### **The Day of Surgery:**

Do not chew gum or tobacco, smoke, or eat mints or hard candy. Shower and wash your hair. You may brush your teeth but do not swallow water.

Please arrive for surgery as instructed by the pre-op nurse, often one to two hours before your surgery.

- Remove **all** jewelry, including rings and piercings. Do not bring valuables to the hospital.
- Wear loose-fitting clothing.
- Avoid wearing eye makeup or contact lenses.
- Please remember to bring:
  - χ Photo ID and medical insurance card
  - χ Advanced directives, living will or power of attorney (if applicable)
  - χ Current list of all medications, including over-the-counter and herbal supplements
  - χ List of allergies
  - χ CPAP device if you have sleep apnea
  - χ Any assistive devices or equipment needed after surgery
  - χ Books/magazines to pass the time
- When you arrive, check in at the surgery registration desk.
- Once you are called to go to your pre-op room, two family members, age 12 or older, may visit with you at a time. Please note no one under age 12 is permitted to stay in the waiting area without supervision.

We make every effort to begin surgery at your scheduled start time but delays do occur. We will keep you and your family updated about any delays.

### **While You are In the Pre-Op Room:**

- 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 anesthesia and pain control during and after surgery.
- A member of the surgical team can answer your questions.

### **After Surgery and/or Discharge:**

After surgery you will be moved to the recovery area. Recovery and discharge times will vary depending on the procedure. The recovery room nurse will provide your family/visitors with updates. Visitors are not permitted in the immediate post-operative recovery area, but your visitors will be notified when they can come to see you after surgery.

If you will not be admitted to the hospital, your nurse will assess your readiness to go home. This includes your:

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

Before discharge, you will receive 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.

**Surgery Locations:**

**Olson Ambulatory Surgery Center**  
Olson Pavilion  
710 N. Fairbanks Court  
Sixth Floor Registration Desk Check-in

**Same Day Surgery**  
Galter Pavilion  
201 E. Huron St.  
Fifth Floor Registration Desk Check-in

**Prentice Ambulatory Surgery Unit**  
Prentice Women's Hospital  
250 E. Superior St.  
Sixth Floor Registration Desk Check-in

**259 East Erie**  
259 E. Erie Street  
Twelfth Floor Registration Desk Check-in

**Parking Information:**

Parking is available for patients and guests in:

**Parking A at 222 E. Huron Street**, across from the Galter and Feinberg pavilions or at 223 E. Superior St., across from Prentice Women's Hospital. *Recommended for patients having surgery at Olson, Prentice, or Same Day Surgery. Recommended for all patients who have a planned hospital admission after their surgery.*

**Parking B located within the facility at 259 E. Erie Street**, Valet and self-parking are accessible from the driveways on both Erie and Ontario streets. *Recommended for patients having same day surgery at 259 E. Erie.*

**Parking C and D – Erie/Ontario at 321 E. Ontario Street between Erie and Ontario streets**, a second-floor bridge connects it to 259 East Erie.

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

- \$11 for less than seven hours
- \$25 for seven to 24 hours

Valet parking is available at 259 E. Erie Building and Prentice Women's Hospital.

**Additional Information:**

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

If you have questions regarding financial issues, please call our financial counseling team at 800-423-0523.

Please access the following website for information on what to expect before and after surgery, as well as the day of your procedure: <http://www.nm.org/location/northwestern-memorial-hospital/hospital-guide-nmh/patients-visitors-patient-stay-and-care-nmh/surgical-instructions-nmh>.

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

