

## 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.**

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

If your tests are done at the Northwestern Memorial pre-op clinic, they must be done at least five days before surgery. Please call **312-926-4566** to make an appointment at least 3 weeks before surgery. This helps avoid delays.

- 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.

### 2. 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.

- 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.

### 3. 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 8 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.

#### **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.

#### **5. 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 and piercings. Do not bring valuables to the hospital.
- 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 16 or older, may visit with you at one time.

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.

#### **6. 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.

#### **7. 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.

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.

### 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

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

### 9. 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.

**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.

**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
- \$24 for seven to 24 hours

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

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:  
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