Checklist for Preparing for Surgery

Surgery Date: ________   Surgery Time: ________   Arrival Time: _________

Bring a list of the following with you to the hospital:

☐ medications, dosages, times that you take them and time of your last dose taken
☐ drug allergies and what happens when you take the drug
☐ leave your medications at home

☐ Date of your last blood thinner (if applicable): __________________

☐ Bowel prep if you were instructed to do so.

☐ Skin cleansing the evening before surgery.

☐ Bring a CPAP/BIPAP machine with you if you use one at home.

☐ Wear loose fitting comfortable clothes and shoes. Front button shirt or blouse. Leave valuables at home.

☐ All jewelry and body piercings removed.

☐ Do not eat or drink according to the instructions you were given (this includes mints, gum and chewing tobacco).

☐ Have supplies you anticipate needing ready before coming in for surgery:
  • prescriptions you were given filled prior to your surgery day
  • stool softener at home if you will be taking narcotics
  • food and drinks for your recovery
  • supplies or equipment you may need, example walker or crutches

☐ Arrange for a ride home. You will not be able to drive yourself home.