

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.