

WELCOME

Welcome to Forks Community Hospital. We look forward to participating in your healthcare. We will work with you to see that your experience is the best that it can be.

Today's healthcare is a collaboration of medical professionals working with you, as an active member of the team, to achieve optimal results for your well-being.

Provided here are a number of things that you need to know and do to prepare for surgery.

PLEASE READ

Read this information carefully and follow all of the instructions or your surgery could be canceled.

Prior to your surgery, a nurse from the Surgery Department will speak with you regarding eating, medications, and arrival date and time. The nurse will answer your questions and help you prepare for your procedure.

Dr. _____ is your surgeon.

Forks Community Hospital Surgery Department
360-374-6271 ext. 162

Forks Community Hospital Registration Department
360-374-6271 ext. 101

Forks Community Hospital Financial Department
360-374-6271 ext. 153

PREPARE

Preparing for surgery is a critical part of your success.

MEDICATIONS

Unless otherwise instructed by your surgeon or surgery staff, please follow these guidelines:

- If you are taking any blood thinners such as coumadin, Eliquis, Xarelto, Plavix, etc, you will be given further instructions on the use of these medications before and after surgery by your provider.
- **7 DAYS** before surgery, stop taking: aspirin, and all medicines containing aspirin (Anacin, Excedrin, Fiorinal, Aggrenox, Alka Seltzer, Vazalore). Also do not take any herbals such as ginseng, garlic, fish oil, turmeric, flax seed, St. Johns Wart, and ginko. Stop taking any vitamins such as multivitamins, Vitamin E and C. If you take any vitamins or herbals not listed here please discuss them with the surgery department at least 7 days prior to your procedure.
- **3 DAYS** before surgery, stop taking: nonsteroidal anti-inflammatory medications (Ibuprofen and Advil), naproxen (Aleve), meloxicam (Mobic), nabumetone (Relafen), and peroxican (Feldene), Celebrex, Indocin.
- **SURGERY DAY** – on the morning of your surgery, DO NOT take digitalis, digitek, digoxin or lanoxin. **DO take other prescribed medications that you usually take in the morning with minimal sips (less than 30ml or 1 ounce) of water.**

CHANGES IN HEALTH STATUS ADDITIONAL INFORMATION

Any changes in your health leading up to the day of surgery should be discussed with your surgeon (i.e.

cold, flu, fever, infection, and diarrhea). When in doubt, PLEASE ASK.

Tell your surgeon and surgery staff if you have a pacemaker, internal defibrillator, pain pump, pain patch, clonidine patch, CPAP Machine, or a nicotine patch.

Please do not shave around where your surgical site will be for 5 days prior to procedure.

EATING/DRINKING

Unless otherwise instructed, you must follow these instructions:

- No solid food or full liquids (milk, smoothies, ice cream) **8 HOURS** before your surgery arrival time.
- You can have clear liquids (7-Up, water, black coffee, apple juice, Gatorade) up **until 3 HOURS** before arrival time.
- **3 HOURS** before your surgery arrival time NO food or liquids.
- DO NOT use smokeless tobacco at least 8 hours prior to surgery.
- DO NOT smoke or consume marijuana products for at least 24 hours prior to surgery.
- If you have used illicit drugs in the last two weeks your surgery may be cancelled.

DAY BEFORE SURGERY:

- SHOWER the evening before surgery.
 - If given a medicated shampoo, please follow the pre-surgical shower instructions given by your surgeon.

DAY OF SURGERY:

- **Arrive at your appointed time.**
- Diabetes: If you have diabetes, DO NOT take any oral anti-diabetic medicine. If you take insulin, check your blood sugar in the morning. If your blood sugar is 120 or lower, DO NOT take insulin. If your blood sugar is 120 or greater, do take HALF of your usual morning dose. Questions – please call Forks Community Hospital Surgery Department at 360-374-6271 ext. 162.
- Follow medication and dietary instructions. Small sips (less than 30ml or 1 ounce) of water only for medications!
- Second shower – Take this shower just before coming to the hospital.
 - If given a medicated shampoo, please follow the pre-surgical shower instructions given by your surgeon.
- Hair and skin must be free of personal care products such as: hairspray, perfume, gels, aftershave, cologne, creams, oils, lotions, etc. **When in doubt, don't use.**
- DO bring appropriate medical, pharmacy, photo identification, insurance cards, a list of medications, inhalers, and CPAP machine.
- DO NOT bring valuables.
- DO NOT wear contact lenses.
- Remove all jewelry.
- DO NOT bring any guns or knives. Forks Community Hospital is a weapon-free facility.
- A parent or legal guardian must be present for the patient who is under 18 years old.

AFTER YOUR SURGERY:

Initially all patients go to the recovery room. Forks Community Hospital has specially trained nurses to provide post-operative care. Your time in recovery will depend upon many things, including how you react to the procedure and medications. Following many procedures, patients go home the same day.

YOUR RETURN HOME:

Please plan for your discharge needs with family/friends prior to surgery. You must have an adult to drive and accompany you home. You may not drive yourself, ride a bus, walk home alone, or take a taxi.

AT HOME:

Plan to rest and recover from your surgical experience. You will need help with lifting, cooking, cleaning, childcare, and daily appointments. You must not drive or operate equipment for at least 24 hours.

**You are an active part of the surgical experience.
Your full attention and assistance is required.**

??QUESTIONS??

Please call us at 360-374-6271 ext. 162 with any questions you may have. We are committed to making this an excellent experience.

Check list:

- ☐ Obtain preoperative medications
- ☐ Discontinue medications, as instructed
- ☐ Discontinue eating and drinking, as instructed
- ☐ Communicate with surgery staff prior to your surgery 360-374-6271 ext. 162
- ☐ Secure a ride home
- ☐ Secure at-home assistance for after the procedure
- ☐ Plan to arrive at your scheduled time

Surgery Date: _____ Arrival Time: _____



Forks Community Hospital

Surgery Department

