

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. She 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:

- **7 DAYS** - before surgery, stop taking: Plavix, aspirin, and all medicines containing aspirin (Anacin, Excedrin, Fiorinal, Aggrenox, Alka Seltzer).
- **3 DAYS** - before surgery, stop taking: nonsteroidal anti-inflammatory medications (ibuprofen and Advil), naproxen (Aleve), meloxicam (Mobic), nabumetone (Relafen), and peroxicam (Feldene). Herbals such as: ginseng, garlic, and ginko must also be stopped.
- **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

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, CPAP Machine, or a nicotine patch.

EATING/DRINKING

Unless otherwise instructed, you must follow these instructions:

- **8 HOURS** before your surgery arrival time:
- DO NOT eat solid foods and/or liquids that you cannot see through.
- NO: food, milk or other dairy, chewing gum, lozenges, alcohol, chewing tobacco, or recreational drugs.
- OK: water, 7-Up, Sprite, Gatorade, or CLEAR-Ensure.
- **3 HOURS** before your surgery arrival time:
- NO: food or liquids.
- EXCEPTIONS may include: patients who are pregnant. Those with Diabetes, Renal Failure, Reactive Airway Disease, and acid reflux are to have nothing by mouth for eight (8) hours before your surgery arrival time.
- **When in doubt, DON'T.**
- Smoking and anesthesia do not mix well. Refrain from smoking. The less you smoke prior to anesthesia, the better.

DAY BEFORE SURGERY:

- Call Forks Community Hospital Surgery Department at 360-374-6271 ext. 162 to confirm your surgery arrival time and review medication and dietary restrictions.
- SHOWER twice before surgery:
 - First shower – the evening before surgery.
 - Second shower – follow the instructions provided.

DAY OF SURGERY:

- Diabetes: If you have diabetes, DO NOT take any oral anti-diabetes 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!
- Second shower – Take this shower just before coming to the hospital. Follow the instructions in the packet.
- 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.

Arrive at your appointed time.

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, child care, 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.

Surgery Date: _____ Arrival Time: _____

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



Forks Community
Hospital

Surgery Department

