

# PREPARING for Your Procedure

The following patient education is for your safety and should be followed so your procedure isn't delayed or cancelled. Please feel free to ask questions along the way. We want to ensure you are informed and as comfortable as possible.

## 1-28 Days Before

- Pre-Admission:** It is important that you schedule your preadmission appointment. Please contact the facility where your procedure is being performed. Your pre-admission appointment will involve specific instructions and any required testing before your procedure.

### Pre-Admit locations:

- Renown Regional Medical Center**  
**Roseview Tower or Tahoe Tower**  
1155 Mill St.  
Monday-Friday, 7 a.m. to 5 p.m.  
775-982-3993
- Renown South Meadows Medical Center**  
10101 Double R Blvd., 1<sup>st</sup> Floor  
Monday-Friday, 7 a.m. to 5 p.m.  
775-982-3993
- Vitamins, herbal supplements and diet medications, including Phentermine:** Stop taking these two weeks before surgery.
- Shaving:** To minimize infection risks we ask that you not shave anywhere on your body 24-48 hours.
- Medications:** If you are taking aspirin, medicine that contains aspirin, blood thinners or have bleeding trouble, please contact your doctor ASAP for further instructions on these medications prior to surgery.
- Anti-inflammatory drugs:** One week prior to surgery, or per your doctor's request, stop taking any anti-inflammatory medication such as ibuprofen (Advil, Motrin) or naproxen (Aleve). **Acetaminophen (Tylenol) is okay to take before surgery.**
- Erectile dysfunction medications:** Do not take these 48 hours prior to your procedure unless instructed by your physician.
- Stool softeners:** Pain medications are known to cause constipation. If you already have issues with constipation it is recommended that you take stool softeners a few days prior to your procedure and continue through your recovery at home. These are non-prescription and are available for purchase over the counter.
- Drugs:** It is recommended that you do not use recreational drugs 48 hours prior to surgery.
- Transportation:** You must have a ride home if you are receiving any type of sedation or anesthesia for your procedure. Please **arrange for a responsible adult to drive you home** and stay with you for the first 24 hours after surgery.

**If you do not have someone to drive you home, it may be necessary to cancel or reschedule your procedure.**

## The Night Before

- Confirm check-in time:** If you have not received a check-in time for the day of your procedure, please call your doctor's office to obtain this information.
- Notify if sick:** If you are sick, have a sore throat, cold or fever, notify your surgeon before coming to the facility.
- Shower right before your surgery:** Follow your doctor's specific bathing instructions. Shower or bathe with an antibacterial soap (i.e. Dial Soap) the night prior or the morning before your arrival. Antibacterial soap can be purchased at most grocery or drug stores. Use a clean towel to dry off. **Remember to brush your teeth. Do not shave anywhere on your body.**
- Remove:** All body piercings and jewelry, including toe rings. You may be asked to remove dentures or removable partials prior to surgery. A denture cup will be provided.

### Prepare to bring these items with you:

- Insurance card(s) and driver's license
- Any orders from your doctor
- An updated medication list
- Form of payment if you have not already paid
- Co-payment if needed for prescriptions
- Glasses and hearing aids
- Ear buds for your electronic devices
- Oxygen:** If you are on CPAP, BIPAP, or home Oxygen and have a portable tank, please bring your unit or tank with you.
- Plan to wear:** Loose fitting, comfortable clothing that is easy to put on and take off.
- Medications:** You should continue to take your daily scheduled blood pressure, heart, and pain medications on your usual schedule with a small amount of water. **Please check with your doctor for special instructions regarding diabetic or blood thinning medication.**
- Alcohol:** Do not drink alcohol **after 6 p.m. the night before your surgery.**
- Diet:** Do not chew or smoke tobacco (regular or e-cigarettes) **after midnight before your surgery.** Please follow the instructions below unless instructed by your doctor or the anesthesiologist.
  - No **solid food** after midnight prior to your surgery. You may have **clear liquids** up to 16 oz. (including water, apple juice, Gatorade® or 7-Up) until 3 hours prior to surgery.
  - If currently on gastric tube feeds, you may continue until 8 hours prior to surgery.
  - Nothing to eat or drink after midnight.
  - Other: \_\_\_\_\_

**For your safety, surgery may be cancelled or delayed if you have consumed any food or fluids outside of what is ordered above.**



renown.org

Form Number: 100-100

Not Part of the Medical Record

**Renown**  
HEALTH

Revision Date: 8/2020

## The Day of Your Procedure

- If you are sick:** If you have a cold, 100°F fever or higher, rash or an infection of any kind, please notify your doctor's office before coming in for surgery.
- Arrive** Please check-in for your procedure at the time instructed by your doctor.
- Shower:** It's important to shower before arriving with an antibacterial soap. Dry off with a clean towel. Do not use make-up, lotions, oils or perfumes on the area where you will be having your procedure. **Remember to brush your teeth. Please do not shave anywhere on your body the day of surgery.**
- Remove:** All body piercings.
- Clothing:** Wear loose, comfortable clothing that is appropriate for wearing home after surgery.

### Necessary belongings to pack:

- Insurance card(s)
- Driver's license
- Any orders from your doctor
- Updated Medication List
- Form of payment if you haven't paid already
- Glasses
- Hearing aids
- If you want to bring something to read or electronic device with ear buds, a locker will be provided. **Please bring carrying cases for these items. Renown is not responsible for lost or damaged items.**

### Please do not bring:

- Valuables, such as jewelry
- Contact lenses are not advised to wear on the day of surgery. If you do not have glasses, bring a contact lens case and solution with you.
- Oxygen:** If you are on CPAP, BIPAP, or home Oxygen and have a portable tank, please bring your unit or tank with you.
- Medications:** Please take medications for asthma, seizures and pain the day of surgery with a small sip of water. You may need to take certain blood pressure or heart medications on the day of surgery. You should have received these instructions at the pre-admission appointment or from your doctor. **Please do not bring your prescriptions to the hospital.**
- Filling narcotic prescriptions:** It is important to note that if you are prescribed a **narcotic prescription it needs to be filled in Nevada.** Please make arrangements to get your prescription filled before you leave the state. A photo ID, insurance card, and co-pay may be required when filling a narcotic prescription.
- Underage patients:** Those less than 18 years of age must have a responsible adult present in the facility until discharged home. Please make childcare arrangements for other children.
- Legal guardian:** A parent or legal guardian must be present to sign the procedure consent form. A legal guardian is required to show proof of guardianship.

## After Your Procedure

- Rest:** Take it easy for at least 24 hours. We encourage you to not do anything that requires balance, judgment, or coordination.

### For 24 hours DO NOT:

- Drive, operate machinery or use household appliances
- Drink alcohol
- Make important decisions or sign legal documents

- Transportation:** Arrange for a responsible adult to drive you home and stay with you for the first 24 hours after surgery.

- Shower or Bathing:** Keep surgical dressing clean and dry. Follow your doctor's instructions regarding when it is okay to resume bathing.

- Follow-up Appointment:** Call to schedule a follow-up appointment with your doctor.

- Mild flu-like symptoms:** It is normal to have flu-like symptoms. You may experience muscle aches, throat irritation, headache or nausea.

- Diet:** Avoid nausea by slowly introducing food as tolerated. Avoid spicy or greasy foods for the first day. Add more substantial food to your diet to help you heal sooner. Increase fluid intake and fiber to avoid constipation.

- Babies:** Breast milk or formula can be given as soon as the child is hungry.

- Medications:** Resume taking your medication per doctor instructions. Take prescribed pain medication with food. If no pain medication is prescribed, you may be able to take non-aspirin pain medication such as Tylenol (acetaminophen), Advil (ibuprofen) or Aleve (naproxen). Please clarify what you can take with your doctor.

- Filling narcotic prescriptions:** It is important to note that narcotic prescriptions need to be filled in Nevada. Please make arrangements to get your prescription filled before you leave the area. Your Photo ID may be required when filling a narcotic prescription. Please be sure you have your insurance card and co-pay with you as well.

- Constipation:** Narcotic pain medication can cause constipation. Drinking fluids and eating fiber can help prevent this. You may also use a stool softener or gentle laxative.

### Call your doctor if you experience:

- Fever greater than 101°F
- Pain not relieved by medication
- Persistent nausea or vomiting
- Excessive bleeding (blood soaking through dressing)
- Unexpected drainage from wound
- Extreme redness or swelling around the incision site, discharge or unpleasant smell around the incision area
- Inability to urinate/empty your bladder within eight hours

**If you experience any of the above symptoms and are unable to contact your doctor or surgical center, go to the nearest emergency or urgent care.**

**CALL 911 IF YOU DEVELOP PROBLEMS BREATHING OR CHEST PAIN**