

Your Pre-Op Checklist

Surgery has been scheduled for you or a family member. This handout tells what to do before surgery (“pre-op”). Be sure to follow any other guidelines your healthcare provider, hospital, or surgery center gives you.

Before Your Surgery

- If you smoke, try to quit as far before surgery as you can. Smoking makes problems after surgery more likely.
- You may be asked to register at the hospital or surgery center ahead of time.
- If needed, your doctor may discuss blood donation.
- Tell your doctor what medications you take. This includes things like aspirin or vitamins. Ask whether you should stop taking any of them before surgery.
- Keep your surgery appointment. If you can't, call your doctor and hospital or surgery center right away.



Arrangements to Make

Plan ahead for after surgery. Check each box as you do it.

- Stock up on food.
- Check that you have easy access to the bathroom.
- Check with your health insurance plan to be sure you have the referrals or approvals you need.
- Arrange for an adult to drive you home after surgery.
- Ask someone to stay with you after you return home from surgery, at least for the first night.



Nothing by Mouth (NPO)

- Don't drink alcohol for the 24 hours before your surgery.
- Unless told you can, don't smoke, eat, or drink anything after midnight the night before your surgery. This includes water, chewing gum, and mints.
- You can brush your teeth and rinse your mouth, but don't swallow any water.
- If you've been told to take any medications, take them with a few small sips of water.



The Day of Surgery

Read the lists below. Check off each item as you prepare it.

Bring to the Hospital:

- Any test results
- Health insurance card
- Change of clothes
- Toothbrush
- Case for your dentures, glasses, contact lenses, or hearing aid

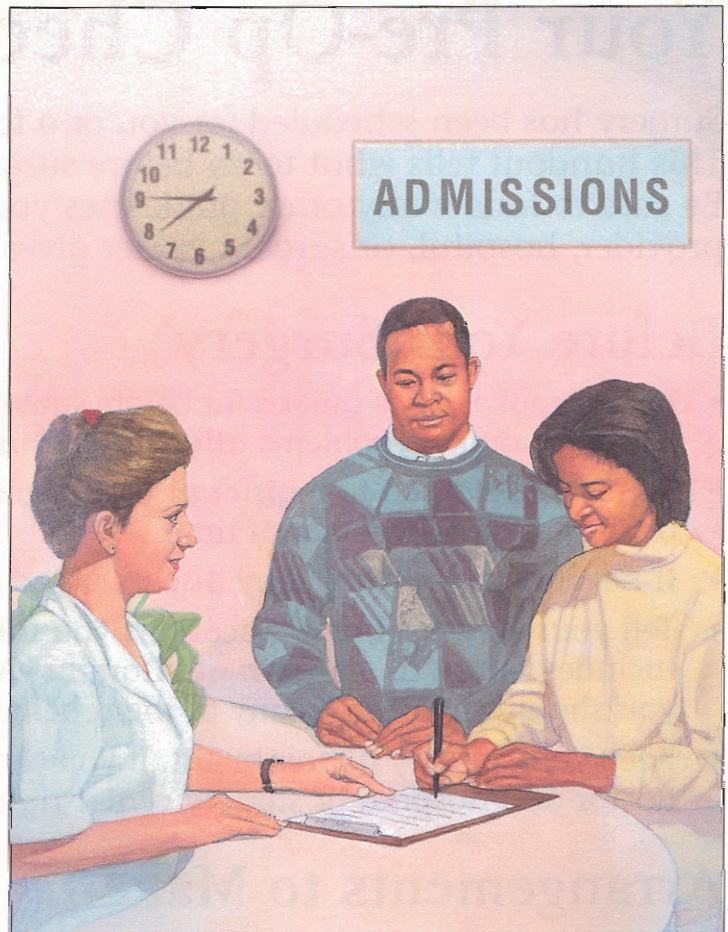
If your child is having surgery:

- Favorite toy or blanket
- Formula or special food, if needed, for after surgery

Leave at Home:

- Jewelry, watches
- Credit cards, money, other valuables
- Wigs or hairpieces
- Makeup, hairspray, perfume, nail polish (don't wear any of these to the hospital)

Special Instructions:



Arrive on time. You may be asked to sign a consent form, if you haven't already.

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