



EVENING BEFORE SURGERY

You will receive a telephone call the evening before your surgery between the hours of 4 p.m. and 6 p.m. to confirm your time of arrival. Please understand that the surgical time is not definite until the evening before surgery, due to several factors such as patients possibly becoming ill and having to cancel their surgery the day before. If for some reason this call does not come through, or your message is not clear, you may call 201-447-8350 *after* 6 p.m. the night before your surgery. *Please do not call that number before 6 p.m.*

What should I do if I become sick the evening before or morning of my surgery?

You need to contact your surgeon's office as soon as possible if you develop a cold, sore throat, cough, fever, shingles, poison ivy or any other illness, or if you must cancel surgery for any other reason. You must leave a message with your surgeon's answering service if after hours and tell them you are ill and/or will not be coming in for your surgery in the morning.

May I eat or drink before surgery?

The day before your surgery, your surgeon may prescribe a special diet or some type of bowel prep for certain types of surgery such as colon surgery. If not, then eat your normal meals and have a snack after dinner. Also, throughout the day before, try to stay well hydrated because you are to have nothing after midnight the night before your surgery. This includes water, ice, candy, mints, or gum. You also should not smoke after midnight. You may brush your teeth and rinse with water or mouthwash, but do not swallow any water. **Your surgery will be cancelled if this instruction is not followed.**

You can take the following medications on the morning of surgery: blood pressure, heart, asthma, thyroid, seizure, transplant, anxiety, multiple sclerosis, or Parkinson's disease medications, as well as antidepressants and chronic pain medications/patches, may be taken with a small sip of water *only*. Please use your inhaler(s) if usually used in the morning hours to optimize your lungs, and bring them to the hospital with you. Check with your surgeon and primary care physician before taking any other medications on the day of surgery.

What do I need to bring?

You need to bring your driver's license or other photo ID, your insurance card(s), and prescription card. If you have an Advance Directive for healthcare or a Living Will, bring a copy of it on your day of surgery. Wear comfortable, loose-fitting clothing such as sweat pants; depending upon the type of surgery, you may want to wear a top that opens in the front. If you

are staying overnight and want to bring some personal toiletries, eyeglass case, denture cup, a robe and slippers, please have your family or visitor hold these items until you are admitted into your room. **Leave all valuables at home, including wedding or engagement rings.**

If your surgeon has instructed you to bring in crutches or a cane, you will be discharged in a wheelchair, but will need these when you arrive back to your home. Therefore, you may want to leave those in your car. If you need your crutches adjusted to the correct height, or need instructions how to use crutches, please feel free to bring them to the surgical suite and the nurse there will educate you about them. Bring in anything else the surgeon may have instructed you to bring.

Do not wear any jewelry, body piercings, and dermal anchors to the hospital regardless of where they are on your body. If you wear contact lenses, please wear glasses that day if possible or bring your own lens containers. Your contacts must be removed before going for your surgery. Do not wear eye makeup. Remove nail polish, and gel manicure or artificial nails if surgery is being performed on your hands or feet. **Failure to comply with these requirements may result in the cancellation of your surgery.**