

Patient Name: _____ Surgeon _____ Surgery Date: _____

Outpatient Inpatient Length of surgery: _____ hr(s) Preoperative Coordinator Phone: (530)543-5528

Preoperative Instructions Before Your Surgery:

- Read and follow surgeon and facility instructions. (www.bartonhealth.org & www.stamg.org)
- Attend orthopedic total joint class, as appropriate.
- Hold medications (Aspirin, Advil, Aleve) as directed. _____
- Arrange for responsible person to drive you home & care for you after your surgery for 24 hrs, you cannot be alone. _____ (name) You cannot use public transportation without an adult escort.
- Make arrangements for child care and driving. You will not be able to drive while on pain medication.
- Contact your surgeon if you become sick before surgery (fever, cold, sore throat, cough). If you become sick the night before surgery, contact the Barton operator (530)541-3420 and ask for the Nursing Supervisor.
- Obtain items needed for after surgery. (medication, ice packs, crutches, walker, special food)
- Children may want a tour of facility and pediatric room.
- Visit primary care physician, as directed. Obtain all preoperative testing for surgery: LAB, EKG, CXR.

Night before Surgery:

- Stay well hydrated the day before your procedure. Follow bowel prep instructions, if directed.
 - Eat a regular meal unless otherwise directed by your surgeon.
 - Nothing to eat or drink for 8 hours before your surgery. This includes water, mints, gum, coffee. If you forget and swallow something your surgery may be canceled or delayed for 8 hrs.
 - Nothing after midnight. Solid food until _____ Clear liquids until _____
 Clear liquids include; water, coffee/tea without milk or cream, apple/cranberry juice, jello, bouillon, and popsicles.
 Infant: Breast milk 4 hrs prior, Formula/non-human milk 6 hrs prior.
 - Pack the items you will bring to the surgical facility. Overnight bag if staying overnight. If outpatient status, crutches/walker along with pillows/blankets can stay in the car. Bring CPAP machine, if you own one.
 - Bring loose comfortable clothing to wear home. If your surgery site is a shoulder, bring a large button or zip up shirt, elastic waist pants and slip-in shoes. If your surgery site is a leg or arm, bring stretchable clothing that will fit over a large bandage or brace.
 - Remove all jewelry and piercings. Do not bring valuables. Bring co-pay/deductible and insurance cards as instructed. You may need to purchase postoperative prescriptions.
 - Pack storage containers for dentures, removable bridges, contacts and glasses.
 - Shower the night before or morning of surgery.
 - Do not shave or remove any hair at or near the surgical site. Do not mark the skin at the surgical site.
 - Follow medication instructions regarding holding and taking medications the night before surgery;
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- Talk to children about what is expected. Pack the child's favorite toy or blanket, bottle, diapers, etc.
 - You may wish to bring a portable music device to listen to before and/or after surgery.

Day of Surgery:

- Arrival time to Barton Health front lobby surgical check-in desk emergency desk is _____.
- You will then be escorted to the Ambulatory Surgery Unit to prepare for surgery. Phone: (530)543-5875
- Hold these medications the morning of surgery; _____
 - Take these medications with a sip of water on the morning of surgery before arrival;

Patient Signature: _____ Registered Nurse: _____ Date: _____ Time: _____



**BARTON MEMORIAL HOSPITAL
PRE-ADMISSION SURGICAL INSTRUCTIONS**

PATIENT IDENTIFICATION

7/6/12

B045 / 8560-4080

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