University Hospital East: Surgery Instructions

Patient Name: ______________________________________________________

Surgery Date: ______________________________________________________

Arrival Time: ______________________________________________________

You will be called the day before surgery to remind you what time to arrive. Sometimes there are schedule changes that happen to change your arrival time.

Go to Registration on the first floor of the Tower building at OSU East Hospital.

If you get a cold, fever, or infection or you need to cancel your surgery, call your surgeon’s office right away at __________________________.

Special Instructions

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More on next page ➔
What to do about your medicines before surgery

Please call your doctor’s office if you have any questions about your regular medicines.

Some medicines need to be stopped for a time before your surgery to prevent problems. Use this list as a guide. If you are not sure which medicines you should stop before your surgery, ask your doctor to be sure. Follow the directions of your doctor.

- All herbal medicines should be stopped 14 days before surgery.
- Monamine oxidase inhibitors should be stopped 7 to 14 days before surgery. These include drugs such as Nardil (Phenelzine Sulfate), Parnate (Tranylcypromine Sulfate), Eldepryl (Seleqiline Hydrochloride).
- Glucophage (Metformin) should be stopped 24 hours before surgery.

Talk to your doctor about any medicines you take to thin your blood or prevent clots. You may need to change these medicines or adjust the amount you take before surgery. These medicines include:

- Aspirin
- Clopidogrel, brand name Plavix
- Prasugrel, brand name Effient
- Ticagrelor, brand name Brilinta
- Ticlopidine, brand name Ticlid
- Warfarin, brand name Coumadin
- Enoxaparin, brand name Lovenox
- Dabigatran, brand name Pradaxa

If you have a stent, do not stop taking your medicines to prevent clots without first talking to the doctor who put in the stent. Read the handout, Protect Your Stent, to learn more.

If you take aspirin or medicines like aspirin for arthritis pain, ask your doctor if you need to take a different pain medicine around the time of your surgery.

Call your doctor if your surgery is cancelled for any reason because you may need to be restarted your medicines.
Do not take these kinds of medicines the morning of surgery:
- Insulin or oral diabetes medicines – Please check your blood sugar the morning of surgery if you have diabetes.
- Diuretics (water pills)
- ACE Inhibitors for blood pressure
- Digoxin unless used for irregular heartbeat, such as atrial fibrillation

Take these medicines the morning of surgery with a sip of water:
- All heart medicines
- All blood pressure medicine, except diuretics (water pills) and ACE inhibitors
- All breathing medicines, including inhalers
- All anti-seizure medicine
- All heartburn or gastric reflux medicine, except antacids such as Maalox or Mylanta
- Pain medicine, prescribed to you by a doctor, if in severe pain
- Steroid medicine
- Antidepressant medicines, except monamine oxidase inhibitors such as Nardil (Phenelzine Sulfate), Parnate (Tranylcypromine Sulfate), and Eldepryl (Seleqiline Hydrochloride)

After midnight and on the day of your surgery:
- Do not eat or drink anything. Do not chew gum or take breath mints.
- Do not smoke anything.
- Do brush your teeth and rinse your mouth, but do not swallow anything.

What to Bring to the hospital
- A photo identification, such as a driver’s license
- Insurance card
• Co-pay for insurance if applicable
• A list of **all medicines** you are currently taking including the dose and times that you take them. Include any vitamins, over the counter and herbal products you take. You will be turning this list over to your nurse.
• Crutches or walker if needed.
• Dentures, glasses and hearing aids may be worn, just bring a case for them.
• An adult who will be able to take you home after the procedure since you will not be able to leave alone.

**What to Leave at Home**

• **All valuables**, cell phone, wallet, purse. Bring your co-pay if your insurance requires one.
• **All jewelry** such as watches, wedding bands and **any form** of piercing.
• **Do not** wear makeup, nail polish, contact lenses, perfume or cologne.

**For your safety, you must have an adult to take you home. You will not be able to leave in a cab or drive yourself, or leave alone.**

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Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).