

Cedar Point Regional Medical Center

900 Hospital Drive, Cedar Point, ST 58110  
Main 555-0200 · Nurse navigator 555-0244 · Interpreter line 555-0299  
A 312-bed teaching hospital

PRE-PROCEDURE INSTRUCTIONS

Document  
Pre-surgery preparation instructions  
Owner  
Perioperative Services  
Version  
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Pre-op nurse line  
555-0266

Getting Ready for Your Scheduled Surgery

A countdown from one week before through the morning of your procedure

A MISSED PREPARATION STEP CAN CANCEL YOUR SURGERY ON THE DAY

Eating or drinking outside the allowed window, taking a medicine that should have been held, or arriving without a responsible adult to take you home are the three most common reasons a procedure is postponed.

|         |                |                                                          |           |
|---------|----------------|----------------------------------------------------------|-----------|
| PATIENT | PROCEDURE DATE | REPORT TO<br>Surgical Admissions, Level 2,<br>Pavilion B | REPORT AT |
|---------|----------------|----------------------------------------------------------|-----------|

ONE WEEK BEFORE

- ☐ Confirm your arrival time. It is usually two hours before the procedure and may change; we will call you the business day before.
- ☐ Confirm the **responsible adult** who will drive you home and stay with you. A taxi or rideshare alone is not accepted for a procedure involving sedation or anesthesia.
- ☐ Review your medication list with the pre-op nurse. **Do not stop anything on your own.**
- ☐ Tell us if you take a blood thinner, a diabetes medicine, a weight-loss injectable, an herbal supplement, or a medicine for an autoimmune condition. Each has its own hold instruction.
- ☐ Tell us if you use a CPAP machine, an inhaler, insulin, or a pain patch, and whether to bring it.
- ☐ Arrange time off, childcare, and pet care. Recovery usually takes longer than people expect.
- ☐ Fill any prescriptions your surgeon gave you for after the procedure, so you are not doing it while recovering.

MEDICINES: THE THREE CATEGORIES

| CATEGORY                      | TYPICAL HANDLING                                                                                                                               | WHY                                                              | WHO DECIDES                                                  |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------|
| Continue as usual             | Most blood pressure, heart, seizure, thyroid, reflux, and psychiatric medicines are taken with a small sip of water on the morning of surgery. | Stopping them abruptly can cause more risk than continuing them. | Your surgeon and the pre-op team                             |
| Hold for a set number of days | Blood thinners, some diabetes medicines, certain injectables, and some supplements are stopped a specific number of days beforehand.           | They affect bleeding, blood sugar, stomach emptying, or healing. | The prescribing clinician, in coordination with your surgeon |
| Bring with you                | Inhalers, insulin pens, eye drops, and CPAP equipment are often brought to the hospital.                                                       | They may be needed before or shortly after the procedure.        | The pre-op nurse                                             |

Your personal hold instructions are given to you by the pre-op nurse and written on your own instruction sheet. This table explains the categories; it does not tell you what to do.

### THE DAY BEFORE

- ☐ Follow the eating and drinking instructions given to you exactly, including the specific cut-off times written on your own sheet.
- ☐ Shower with the skin cleanser you were given, if one was provided. Do not shave the surgical area.
- ☐ Do not apply lotion, powder, deodorant, perfume, or makeup after showering.
- ☐ Remove nail polish and artificial nails from at least one hand.
- ☐ Pack a bag: identification, insurance card, a list of medicines, a case for glasses or contacts, a case for dentures or hearing aids, loose comfortable clothing, and a phone charger.
- ☐ Leave jewelry, cash, and valuables at home. Remove all body piercings.
- ☐ Answer the confirmation call and write down your arrival time.
- ☐ Go to bed early. Do not drink alcohol.

### THE MORNING OF

- ☐ Nothing to eat or drink outside the window you were given. This includes water, gum, mints, and candy unless you were told otherwise.
- ☐ Shower again with the cleanser if instructed. Do not apply anything to your skin.
- ☐ Take only the medicines you were told to take, with a small sip of water.
- ☐ Wear loose clothing and flat shoes that are easy to put on.
- ☐ Bring your bag, your identification, and your insurance card.
- ☐ Bring your responsible adult, or confirm exactly when and where they will meet you.
- ☐ Arrive at the time you were given, not earlier and not later.

**Call first:** If you are sick — fever, a new cough, vomiting, diarrhea, or a new skin infection near the surgical site — call 555-0266 before you come in.

### WHAT HAPPENS AFTER YOU ARRIVE

1. Registration confirms your identity, your procedure, and your consent documents.
2. A nurse takes your vital signs, places an intravenous line, and reviews your history again. You will be asked your name, date of birth, and what procedure you are having many times. This repetition is an intentional safety check, not a sign that anyone is confused.
3. Your surgeon marks the surgical site with you present and awake.
4. The anesthesia clinician reviews your history and explains the anesthesia plan. This is the right moment to ask about nausea, prior anesthesia problems, and pain control.
5. A final safety pause is performed by the whole team immediately before the procedure begins.
6. Your family waits in the designated area and receives updates from the surgical liaison.

**Boundary:** This sheet explains a general preparation process. Your surgeon's orders, your anesthesia evaluation, and the instruction sheet you were personally given always take priority over this document.

FICTIONAL SPECIMEN. Cedar Point Regional Medical Center, its units, phone numbers, and specific preparation procedures are invented for demonstration only. No fasting window, medication hold, or clinical instruction in this document should be followed by any real patient.