

**PRE-OPERATIVE PATIENT INSTRUCTIONS**

Follow specific instructions given to you by your Surgeon or Private Physician relating to surgery or medication. If you have not received instructions, please follow these guidelines as recommended by Doylestown Hospital's Department of Anesthesia.

**The Day Before Surgery:**

- Call your surgeon's office between 3 and 4 pm the day before surgery to determine your arrival time at the hospital. Call Friday if surgery is scheduled for Monday.
- Drink plenty of fluid, especially juices, the day before your surgery. Withholding alcohol at least 2 days before surgery is recommended. Caffeine and alcohol may dehydrate you.
- Do not smoke after midnight prior to surgery. Smoking delays the healing process.

**General Instructions for Preparing for Surgery:**

- Adult Fasting Guidelines:**
  - Nothing to eat for **8 hours** prior to arrival time for surgery.
  - You may have clear liquids (water, apple or cranberry juice ONLY) taken in small amounts up to **2 hours** prior to your arrival time for your surgery.
  - Absolutely no fluids for the last **2 hours** prior to scheduled arrival time.
  - No chewing gum or sucking candy.
  - You may take a sip of water with medications prescribed by your physician prior to surgery.
- Pediatric Fasting Guidelines – (Ages newborn to 12 years):**
  - May have clear liquids up to **2 hours** prior to arrival time for surgery.
  - May have breastmilk up to **4 hours** prior to arrival time for surgery.
  - May have formula up to **6 hours** prior to scheduled arrival time.
  - No solid foods for **8 hours** prior to arrival time for surgery.
- Skin Conditions:** Report rashes, cuts, sores or skin problems to your surgeon prior to surgery.
- Jewelry/Piercings:** Remove **ALL** jewelry prior to admission to prevent complications related to restrictions of circulation (Includes rings, earrings, bracelets, necklaces or others). Piercings worn during a surgical procedure are associated with increased risk of infection, soft tissue damage or bodily harm.
- Valuables:** Leave money, wallets, credit cards and other valuables at home.
- Contact Lenses:** Remove prior to surgery.
- Nail Enhancements:** Remove acrylics, wraps or polish from operative extremity, (includes arm, shoulder, hip and leg surgeries).
- Dentures or Mouth Appliances:** May be removed prior to surgery at the discretion of the Anesthesiologist.
- Tampons:** Remove prior to surgery.                       **Hair styling products:** Are to be avoided pre-operatively.
- Clothing:** Wear comfortable, loose-fitting clothing. You will be instructed to remove underwear prior to surgery.
- Cell Phones:** Are not permitted in the Intensive Care Unit or Cardiac Intensive Care Unit, Operating Room, Neonatal Intensive Care Unit and Cath Lab.
- An Escort Driver** is required for your transportation home, if you are being discharged the same day of surgery. You should have someone with you the first 24 hours after surgery to support your needs.
- Medications:** Please bring your blood pressure and/or heart medications, in original container, to the hospital the morning of surgery.
- Other specific instructions: \_\_\_\_\_

I have received and understand the above instructions given to me.     Instructions given to \_\_\_\_\_ by phone.

\_\_\_\_\_  
Patient or Significant Other Signature

\_\_\_\_\_  
R.N. Signature

\_\_\_\_\_  
Date/Time