

## Othello Community Hospital – General Surgery Instructions

### Get a Ride:

- Because you will receive sedation during your surgery, you will need to arrange for a responsible person, 18 years old or older, to give you a ride on the day of your procedure. You may not drive yourself, or walk home. If a taxi or public transportation service is used, you must be accompanied by a responsible adult. Not having a ride to take you home will result in us having to **cancel your surgery**. There are no exceptions to this. If your ride plans to leave the facility during the procedure, they must supply a working cell phone number which we can use to contact them.
- Sometimes your doctor will decide that it would be in your best interest to stay in the hospital after your surgery. If this is decided, you and your ride will be notified.

### Food, Drink and Smoking:

- After midnight, the night before your procedure, please stop drinking fluids and eating. This includes gum, mints, candy, etc. You may take very small sips of water if absolutely necessary (do not exceed four ounces) but nothing may go into your mouth for the two hours before your check in time.
- No smoking, chewing tobacco, or drinking alcoholic for at least 24 hours before and 24 hours after your surgery.

### Medications and Supplements:

- NSAIDS are a type of medication that help relieve pain but also thin your blood. These can be dangerous to take before a surgery. Examples include aspirin, ibuprofen and Aleve. Please do not take these for the five days leading up to your surgery. A baby aspirin, which is an 81mg aspirin, is ok to continue taking.
- If you are taking vitamin E, you will need to stop this five days before your surgery. Please discuss other supplements with your nurse during your pre-operative phone call.
- Please make sure to follow the medication instructions that your nurse provides for you during your pre-procedure phone call. He or she will let you know if there are any of your specific prescription medications that are ok to take on the morning of the procedure. Most medications will need to be skipped that morning.
- If you use an inhaler or CPAP machine, please bring that with you to your surgery.

### Skin Prep, Clothing and Other:

- Do not shave the surgical area for at least 72 hours before your surgery and try to protect the area from injury. If you do get any scrapes, scabs or are having skin issues around the surgical area, please let our team know. Please take a shower on the morning of your procedure.
- Leave all valuables at home.
- Wear comfy clothing that are easy to get on and off.
- Do not wear contact lenses, jewelry, makeup, false lashes, lotions or perfumes.
- All females, ages 10-55 will require a urine pregnancy test. This will be collected during the admission process. Those who have had a hysterectomy are excluded.

### Still have questions?

- Call us at 509-488-2636. Leave a message and we will get back to you.