

PRE-OP CHECKLIST

1. Your hospital will be one of the following:

- **Renown Regional** has requested that you call 775-982-3993 to schedule your appointment, as soon as surgery has been scheduled. Walk-ins will be accommodated, but could experience a significant wait time. The appointment will be at the **Roseview Admitting** located on the first floor of the **Tahoe Tower**. You do not have to fast in order to do your pre-op tests.
- **St. Mary's** has requested that you call 775-770-7827 to schedule your appointment as soon as surgery has been scheduled. The address is 235 W. 6th Street on the Second Floor. You do not have to fast in order to do your pre-op tests.
- **Northern Nevada Hospital** will contact you to schedule your appointment, as soon as surgery has been scheduled.
- **Northern Nevada Sierra Medical Center** will contact you to schedule your appointment, as soon as surgery has been scheduled. (Sierra's address: 625 Innovation Dr, Reno, NV 89511 (775) 799-7320)

2. The day before surgery:

You must be on a clear liquid diet from the time you wake up till the time you go to bed. This means no solid food or milk products. You are able to have chicken broth, 7-Up, water, juice, Gatorade, ice popsicles, Jell-o and herbal tea. For bowel prep, begin by chilling a 64 oz bottle of your choice of Gatorade in a pitcher. Obtain a bottle of Milk of Magnesia and take 2 tablespoons (30 mLs) at 9 AM the day before your surgery. At noon (12pm), take 2 tablets of Duocolax over the counter. At 2 pm, mix the entire container of Miralax (8.3oz/238g) with the pitcher of chilled Gatorade and drink over 2 hours. Be sure to stay close to a restroom as this will cause multiple bowel movements. If you have a difficult time tolerating the bowel prep please notify our office at 775-327-4673. You may have nothing by mouth after midnight unless we advise you of something different.

3. The day of surgery:

Please arrive at the appointed hospital at on a empty stomach. This time is 2-3 hours ahead of your scheduled time. This allows the staff at the hospital to prepare you should the surgery ahead of you be done ahead of time. Our surgeries do get re-arranged at short notice. We ask that you are flexible with your schedule so that we may take care of every patient on this important day. Your surgery will be done on this day, but the times are always subject to change. We like to inform you of this ahead of time for your peace of mind. We look forward to taking good care of you.

If you have any questions please call 775-327-4673 and ask for Gina or Claudia with any concerns.

If you are on any anticoagulation medications:

IF YOU ARE TAKING ANY OF THE FOLLOWING BLOOD THINNERS:

Aspirin Stop 7 days prior to surgery
Coumadin (warfarin) Stop 5 days prior to surgery
Plavix (clopidogrel) Stop 5 days prior to surgery
Savaysa (edoxaban) Stop 3 days prior to surgery
Xarelto (rivaroxaban) Stop 2 days prior to surgery
Eliquis (apixaban) Stop 2 days prior to surgery
Pradaxa (dabigatran) Stop 2 days prior to surgery

Q: What medications can I take before surgery?

A: You may take all your normal home medications up to midnight the day before surgery. Please do not take any oral diabetic medication the day before surgery.

Q: How long before surgery do I need to stop eating and drinking?

A: Do Not eat any solid foods after midnight the night before your surgery.

Do not eat breakfast.

Do not consume any non-clear liquids. NOTE: You should avoid dairy products after midnight, even small amounts such as in coffee or tea. That is because dairy curdles into small solid bits in the stomach. Non-clear liquids include any drinks or shakes containing protein.

Do not eat or drink anything, even clear liquids during the 2 hours before your surgery.

Q: Why do I need to fast?

A: If you have food or liquid in your stomach, some of it could get into your lungs while you are under anesthesia. Normally when you are awake, your body is able to prevent your stomach content from entering your lungs; However, the medications make it harder for your body to prevent this.

When food or liquids from the stomach get into the lungs, it is called aspiration. This is rare but can be dangerous if it does happen. That is because aspiration can lead to infection, lung damage, or issues with breathing.

Q:What medications can I take after surgery for pain management?

A: For postoperative pain management we recommend alternating ibuprofen (400 mg) or Advil 200mg (2 tabs) or Tylenol 325 mg every 6 hours.

In the event that Tylenol, ibuprofen or advil does not work, we will prescribe you pain medication when you're discharged from the hospital.

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