

# **ST. LUKE'S HOSPITAL-PRE OPERATIVE STEPS**

## **Frequently Asked Questions (FAQ)**

### **Before You Come to the Hospital/Specific Pre-Op information**

- DO have a responsible person to drive you to and from the hospital
- DO have someone stay with you at home for the first night after surgery
- DO stop smoking 24 hours before surgery
- DO not consume any alcohol 24 hours before surgery
- DO have only one person come with you the day of surgery
- DO leave your children with a responsible person at home
- DO remove all jewelry, including wedding bands, body piercing, etc
- DO leave all valuables at home
- DO bring minimal clothing/items to the hospital on the day of surgery
- DO BRING A FULL LIST OF ALL MEDICINES, VITAMINS, MINERALS, HERBALS, NUTRITIONAL SUPPLEMENTS & ANY NON-PRESCRIPTION DRUGS YOU CURRENTLY TAKE
- DO call your doctor if you do not understand the surgery you are scheduled for
- DO CALL YOUR DOCTOR IF YOU DEVELOP A COLD, SORE THROAT, COUGH, FEVER, OR OTHER ILLNESS BEFORE YOUR SURGERY

### **Eating & Drinking Guidelines:**

- Morning Surgery (arrival time to hospital before 11am)
  - Nothing after midnight, including water, candy, gum, lifesavers, etc
- Afternoon Surgery (arrival time to hospital after 11am)
  - Nothing after 8:00am, including water, candy, gum, lifesavers, etc
  - From Midnight to 8:00am-Clear liquids (7-Up, Sprite, Ginger Ale, Tea without milk, coffee without milk, Jell-O, broth, cranberry juice, apple juice, grape juice, Kool Aid, or water. NO MILK, POWDERED MILK, NON-DAIRY CREAMER, ORANGE JUICE OR TANG. Sweeteners and sugar can be used.

### **Day of Surgery**

- Please arrive to the hospital no less than 90 minutes prior to your procedure