

**Pre-Operative  
Patient Information****WELCOME TO ISLAND HOSPITAL SURGERY DEPARTMENT**

(These instructions are not intended for Ophthalmology or Endoscopy patients)

**INPATIENT SURGERY:** (excludes Birth Center / C-Sections)

Please call our Pre-Anesthesia Clinic to schedule your pre-anesthesia assessment with a nurse. Assessments are done over the phone with the nurse.

**Pre-Anesthesia Clinic: (360) 299-4272**

**OUTPATIENT SURGERY:**

It is not required that you call the Pre-Anesthesia Clinic for an assessment. If you have specific concerns or questions regarding your medical health history, medications or previous anesthesia experiences, please call the Pre-Anesthesia Clinic to speak with a nurse.

**Pre-Anesthesia Clinic: (360) 299-4272**

**ALL PATIENTS:**

Please complete the Island Hospital Patient Medical History Form located in your surgery packet. Please contact your surgeon's office if you are missing this form. Please return the form in the enclosed envelope or bring with you on the day of surgery and give to admitting nurse.

**If you are new to Island Hospital or have had recent changes to your insurance, address, etc., please call (360) 299-4203 to speak with an Admissions Counselor.**

**IMPORTANT: If you have not received instructions regarding your blood thinning medications, please check with your surgeon for instructions.**

Aspirin	Coumadin (Warfarin)	Plavix (Clopidogrel)
Eliquis (Apixaban)	Pradaxa (Dabigatran)	Xarelto (Rivaroxaban)
Savaysa (Edoxaban)	Others	

**7 DAYS BEFORE SURGERY:**

- Stop taking supplements, herbals and vitamins, unless specifically ordered by a physician.
- Avoid shaving, clipping or performing any type of hair removal at the operative site.

**3 DAYS BEFORE SURGERY:**

- Stop any erectile dysfunction medications (Viagra, Cialis), if applicable.
- If you are having surgery on your spine: Stop taking NSAIDS (ibuprofen, Advil, naproxen, Aleve, Celebrex, Celecoxib, Mobic).
- For all other surgeries, you may continue taking your NSAIDS, unless your surgeon gives you other instructions.

**24 HOURS BEFORE SURGERY:**

- No illicit drugs or marijuana.

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Island Hospital**

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**DAY BEFORE SURGERY:**

- Do not EAT after midnight.
- Diabetes Patients: If you take a long acting insulin at bedtime, please follow written pre-op instructions and/or directions by Island Hospital staff. Call the **Pre-Anesthesia Clinic at (360) 299-4272** if you have any questions.

**DAY OF SURGERY:**

- You may have up to 8 oz of PLAIN water up until 2 hours prior to surgery.
- Do not drink water. Drink 8 oz of a regular (not low calorie) sports drink 4 hours before surgery
- Take morning medications as directed by written pre-op instructions and/or Island Hospital staff.
- Do not take any Ace Inhibitors/ARBS for blood pressure. If you are unsure if you take these medications, please contact your physician, surgeon, or Pre-Anesthesia department to discuss.
- Diabetes Patients: Please check your blood sugar. If you have ANY questions or concerns regarding your blood sugar, please call the Surgery Department at (360) 299-4932 to speak with a nurse.
  - **Do NOT take any oral diabetes medications the day of surgery. Take insulin as instructed.**
- Please take a shower/bath with an anti-bacterial soap.
- Avoid any products with petroleum or alcohol (hairspray, gel, make-up, aftershave, lotions/potions).
- If you have Sleep Apnea, the Anesthesiologists request you bring your CPAP/BiPAP/VPAP machine as it may be required during recovery.
- Wear clean, easy, comfortable clothing; items that are easy on, easy off.
- Bring current picture ID and insurance information.
- Leave jewelry and other valuables at home. If you bring a cell phone, tablet, laptop or watch, we will ask you to give these to your support person when you leave the pre-op area.
- Remove all piercings and glitter nail polish.
- **OUTPATIENT:** You will need a driver for discharge. It is recommended that someone stay with you for the first 24 hours after surgery.

Please call the Pre-Anesthesia Clinic at (360) 299-4272 if you have any questions regarding your medications and/or surgery instructions.

**Thank you for choosing Island Hospital for your surgical needs.**

*The Island Hospital Promise – ‘Your best healthcare experience begins at Island Hospital. We always place your emotional and medical needs first and foremost.’*

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