

Preoperative instructions

The weeks before surgery

Please attempt to eat a healthy, balanced diet with plenty of fresh fruits and vegetables. Extra rest and avoidance of people who are ill is also recommended. If you smoke, try to stop prior to your procedure. Any period of nonsmoking helps, but to get the most benefit, you should quit for at least two weeks beforehand. This will help you tolerate the anesthesia more easily and make it easier for your lungs to resume their normal function after surgery. Basically, you want to be in the best health possible before going in for surgery so be sure and tell your doctor about any changes in your health. (Don't worry about whether you will be having your period when the surgery is scheduled. This is not a problem.) Also, make sure the doctor is aware of any medications you regularly take. Stop taking Aspirin, Ibuprofen, Vitamin E, Vitamin D, Fish Oil and herbal supplements 5 days prior to surgery.

The day before surgery

Take a good shower or bath prior to coming to the hospital but please don't shave. The doctor will probably prescribe some kind of bowel prep to be taken at home the day before surgery to ready your gastrointestinal tract. You may want to begin this early enough in the day so it does not interfere with your night's rest. Once you have completed the prep, do not eat any more solid food. You can drink clear liquids up until midnight the day before, but nothing by mouth after that unless you have been instructed otherwise. (If you do eat or drink anything after midnight, be sure and let the doctor know.)

The day of surgery

Please plan to arrive at least two hours prior to the scheduled time of your surgery. Check-in is on the third floor of the hospital (park in parking structure S). There is a surgery waiting area located on the third floor of the hospital building. Please arrange for a family member or friend to pick you up from the hospital after the procedure or on the day of discharge.

What to bring with you to the hospital

Bring a set of comfortable, loose clothing to wear home from the hospital. If you are planning to spend a few days in the hospital after your surgery, you may want to bring any toiletries or personal items that might make your stay in the hospital more comfortable. For example, some patients prefer to bring their own pillow, robe and slippers. Bring a list of all medications you are currently taking and include dosage and frequency. Patients are advised to leave their medications at home. (You can bring your own medications but the hospital will charge to dispense them and they need to be in their original RX container.) You can bring your inhaler, eye drops and Nitroglycerin. Please remember to bring any orders or signed consent forms given to you in the office. Long distance phone calls are made from your hospital room by way of personal calling card or calling collect, so if you anticipate wanting to make long distance calls with a calling card, be sure to have the number or card with you. Please leave jewelry, money, credit cards and all other valuables at home.

For more information

**Talk with your oncologist
or call: 541-465-3300.**

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