

# BEFORE SURGERY

Getting Ready

## EVENING PRIOR TO SURGERY

- NPO.** No food or drink after midnight.
- Shower.** Complete first antimicrobial skin cleanser shower and put on clean pajamas.
- Brush your teeth.** Brush your teeth or dentures and rinse vigorously with mouthwash.
- C-PAP.** If you use a C-PAP machine, be prepared to pack it in the morning.
- Beta Blocker.** If you were given a prescription, take the beta blocker, metoprolol (Toprol®), this evening.
- Insulin.** If you normally take insulin at bedtime, cut the dose in half for tonight.
- Time to arrive.** You will receive a call from the Surgical Services staff between 3-7 pm with instructions about when to report to the hospital. If you won't be home or you have not been called by 6 pm, please call them at 717-782-3326 or 1-888-782-5678.
- Bras.** Women pack two (2) clean wireless supportive bras to wear in the hospital after surgery.
- Pack.** Pack containers for your glasses, dentures, contacts if you must bring with you to the hospital.
- Remove jewelry.** Remove your jewelry (including wedding rings and body piercings) and leave at home.

## BEFORE YOU LEAVE HOME

- NPO.** Nothing to eat or drink.
- Shower.** Complete your second antimicrobial shower and put on freshly washed clothes. DO NOT use any powders, lotions, oils or deodorants. Do not apply makeup.
- Clothing.** Wear loose, comfortable clothing and shoes with flat heels.
- Brush your teeth.** Brush your teeth or dentures and rinse vigorously with mouthwash.
- Beta Blocker.** If you normally take a beta blocker daily, take your usual dose this morning with small sip of water.
- C-PAP.** If you use a C-PAP machine, pack it and bring along.
- Bring your insurance cards and your current medications list with you.**
- Medications.** Leave all of your regular medications at home, except inhalers, unless your physician specifically asks you to bring them. Bring any inhalers along with you and give them to your nurse when you arrive.