

Before Surgery Answers to Frequently Asked Questions (FAQs)

1) How do I schedule my surgery?

- After your visit today, all your information will be given to **Hugo**, our surgery scheduler at 909-558-2722. He will let you know the date and time of your surgery. She will also call your insurance company for pre-authorization of your surgery. Please allow at least 7 days for him to contact your insurance company after which she will call you to schedule your surgery.
- If you have paperwork for the doctor to fill out for leave of absence from work, please send or fax it to our office at (phone #). Please allow at least one week for this to be completed.

2) How much time should I take off work?

- Most patients who are having major surgery should plan to be off work for approximately **6 weeks** after surgery.
- If you are having just a sling procedure or a minor procedure, you may require up to **2 weeks** off from work.

3) Do I need to have any bloodwork or tests before my surgery?

- **Bloodwork, EKG**, and possibly a **chest x-ray** will be necessary for most patients. This must be done within 30 days of your surgery date (It MUST NOT be done more than 30 days before surgery). Make sure you have been given your surgery date before scheduling these tests.
- You also need to have a pre-operative **History and Physical** by your family or primary care doctor. This also needs to be done within 30 days of your surgery date.
- It is your responsibility to obtain these and to make sure our offices receive all of this information prior to your surgery date.
- Results from bloodwork and EKG as well as your History and Physical must be faxed to our office at 909-558-2775.
- If for some reason you cannot get an appointment to see your family doctor, call the pre-admission testing (PATs) at the hospital where your surgery is scheduled. If you have any questions about this, contact Hugo.

4) Do I need to stop my medications before surgery?

- If you are taking any blood thinners or pain medications listed in the table below, you must **STOP them 7 DAYS** before surgery:

Aspirin (Bayer, Ecotrin, others)	Motrin, Advil (ibuprofen)	Naprosyn, Aleve (naproxen)
Mobic (meloxicam)	Pletal	Celebrex or Bextra
Clopidogrel (Plavix)	Ticlopidine (Ticlid) – stop 2 weeks	Nabumetone (Relafen)
Arthritis medications -Arthrotec, etc.	Piroxicam (Feldene, Fexicam)	Sulindac (Clinoril)
Dipyridamole (Persantine)	Eptifibatide (Integrilin)	Tirofiban (Aggrastat)

- If you are taking any other medications (this includes Diabetes medication), you can continue them until the day before surgery.
- If you take β -blocker medications (such as atenolol or metoprolol), you can take it the morning of surgery with sip of water

5) Will I need a “Bowel Prep” before surgery?

- You will not need a bowel prep if you are having a minor surgery
- You will need a “bowel prep” if you are having major surgery. Your doctor will check one or more of the boxes below to indicate if and which type of “bowel prep” you will need before surgery.

Liquid Diet	Liquids beginning the day before surgery. These include juices, water, jello, and broth. Drink at least 8 cups of liquids. If you are diabetic, please inform your doctor before doing this.
Fleet’s enema	Buy an enema from your pharmacy or drug store and use it at about 6 pm the evening before your surgery.
Magnesium citrate	Buy one bottle of magnesium citrate at your local drugstore. Drink this with lots of ice starting at noon the day before your surgery.

6) When do I have to stop eating food or drinking liquids?

- Anyone having surgery **MUST STOP** eating or drinking before **midnight** the night prior to surgery. If you’re diabetic please let your doctor know so your medications can be adjusted.

7) Can I smoke until the day before surgery?

- **NO.** You must **STOP SMOKING** 8 weeks before surgery or else you will have increased risk of post-operative complications such as slow or abnormal healing, clotting in the lung, and even death.

8) Can I continue my birth control pills or oral hormone medications until day before surgery?

- Depends. If you’re having major inpatient surgery you should stop hormones 4 weeks before surgery, otherwise you may continue it.

9) Do I need to shave myself?

- Shaving yourself at home the night before surgery is **NOT NECESSARY**. This practice increases your chances of skin infection. You will be shaved the morning of surgery as needed. However, taking a shower the night before surgery using anti-bacterial soap may be helpful.

10) Where do I have to go to have my surgery?

- Your doctor will tell you which hospital you will have your surgery. See the attached map and directions to the hospital. Once you arrive at the hospital, park in the patient parking lot, go inside hospital, and ask the front desk to help you get to where you need to go.

11) When should I arrive at the hospital for my surgery and what should I bring with me?

- You will need to arrive at the hospital approximately 2 hours before your scheduled surgery time. Bring any personal grooming items you may wish to have such as toothbrush, toothpaste, shampoo, deodorant, etc. You will be wearing a hospital gown during your hospital stay.

12) When can I see my family and friends after surgery?

- Immediately after surgery, you will be in the recovery room (or post-anesthesia unit) for about 1-2 hours.
- If you had minor outpatient surgery then you will be allowed to go home with your family / friends after the recovery room.
- Before you go home a nurse or a doctor will go over any instructions on diet, medicine, and recovery. You will need someone to drive you home. Plan on having someone around with you when you get home from the hospital. When you are medically ready to go home, we will have to discharge you so please plan ahead.
- If you had major inpatient surgery then you will be admitted to the hospital. Your family / friends can see you once you’ve arrived in your hospital room and when your nurse is ready for visitors.