

Please review the white
“Preadmission Instructions”
for your surgery.

Please read this pamphlet containing instructions for you to prepare for surgery. It will help guide you to keep you safe and to have the best possible outcomes.

Flu or Cold Symptoms

If you had any recent changes to your health including recent cold or flu symptoms, infections or rashes, notify your surgeon as soon as possible.

If you have any questions, call the Preadmission Evaluation Department at Baystate Medical Center

**413-794-1940, 8 a.m.–4 p.m.,
Monday through Friday**
or contact your surgeon’s office.

Baystate  Medical Center

Preadmission Evaluation Department

759 Chestnut Street, Springfield, MA 01199

413-794-1940

8 a.m.–4 p.m. | Monday-Friday



Preoperative Instructions *for* Adult Patients

Baystate  Medical Center

For your safety please come prepared for your surgery.

The Day Before Surgery

1. After midnight, **do not drink, eat, or take anything by mouth.**

This includes:

- Gum • Mints/Lifesavers • Candy
- Applesauce • Cough drops

You may only have sips of water to take your medications.

2. Do not drink any alcoholic beverages and do not use any recreational drugs, including marijuana, for 48 hours before surgery.
3. Please refrain from smoking. Your surgeon can give you specific instructions on smoking cessation. Reminder: Baystate Medical Center is a smoke free environment.
4. You may brush your teeth without swallowing any water.
5. You will receive a reminder call in the afternoon or early evening the day before surgery. The preop nurse will review important information regarding your surgery.



The Day of Surgery

- Please bring photo ID, insurance card and co-payment as required.
- Visitors are not allowed to have food or beverages in the preoperative or postoperative/recovery rooms.
- For their safety, please leave small children at home.
- Wear comfortable, loose-fitting clothing.
- No cell phone use in pre-op area.

Prior to Coming to the Hospital

MEDICATIONS

- Please bring an up-to-date list of all medications you take. Please include the name, dose, and how many times a day you take each medication.
- Please note the last date and time you took each medication.
- Bring inhalers with you.

ALLERGIES

- Please confirm your allergies with the nurse and notify the health care team of any new allergies.

EQUIPMENT

- Bring your CPAP machine.
- If you have a pacemaker/defibrillator please notify the preoperative nurse of the manufacturer (example: Medtronic). **Bring a copy of the manufacturer's card with you.**

OTHER

- *Leave valuables at home. Have your family bring your overnight bag once you are settled in your hospital room. The preoperative unit does not have a locked area and very limited space.*
- Do NOT wear perfume, cologne, lotions, oils or deodorants.
- Do NOT shave near your operative site prior to your surgery. *Shaving increases your risk for infection.*

PLEASE REMOVE THE FOLLOWING PRIOR TO ARRIVAL TO THE HOSPITAL:

1. Contact Lenses
2. All jewelry including wedding bands
3. All piercings (for example tongue ring)
4. Wigs/toupee (may be removed just prior to surgery)
5. All makeup
6. All nail polish including fingernails and toenail polish

7. Hair ties, clips and pins
8. You may be required to trim or shave your facial hair.
9. You can bring dentures, hearing aids, and eye glasses (case) – but you will be required to remove them prior to surgery.

Arrival

Being on time is important to your care.

- Please check in at the registration desk in the Daly Lobby, your copayment will be collected at that time. You will then be directed to proceed to the Surgical Family Waiting Room.
- In preoperative unit you will be cared for by a preop registered nurse who will prepare you for surgery.
- You will be asked to remove all your clothing including undergarments and wear hospital attire.
- After the nurse has completed the admission process, two family members can stay with you until you go into the operating room.
- You will also meet with your anesthesiologist, operating room nurse and surgeon.
- If you wish, your surgeon will speak to your family after the surgery is complete.
- After surgery, you will be brought to the Post Anesthesia Care unit (recovery room) where they will closely monitor you.
- Family visitation may be allowed in the recovery room.
- *If you have any pain, nausea or vomiting, please inform the nursing staff. They will use the pain scale from 0-10.*
 - 0= no pain
 - 10= severe pain
- You will be given an incentive spirometer. Please use this as directed to help prevent pneumonia.

If you have any questions, call the Preadmission Evaluation Department at Baystate Medical Center
**413-794-1940, 8 a.m. – 4 p.m.,
Monday through Friday**
or contact your surgeon's office.