

Please use this checklist when preparing for your procedure

Arrangements to Make

- Child Care**
Children under the age of 14 should not come to the hospital with you.
- Parent or Guardian**
Surgery patients under the age of 18 must be accompanied by a parent or legal guardian. Consent must be given by a legally responsible person, (parent with legal custody of child). Minors cannot give their own consent for procedures.
- Sponsor**
Before your procedure you must arrange for someone to take you home. Sponsors must be available and on time. For young children, two sponsors are recommended so that one can drive and one can tend to the child.
- Relative**
A relative should be present during your procedure. If no one can be at the hospital, please provide staff with a phone number of your closest relative that can be reached at the time of your procedure.
- Sponsors Visitors**
Only one or two people are allowed in your room at a time. They will be asked to wait in the lounge area during preparation.
- Outpatients**
A responsible adult should stay overnight with you at home to ensure your comfort and safety.
- Assistive Devices**
Arrange in advance to have any assistive device, such as crutches or a walker. Your doctor can let you know if you will have this need and tell you which pharmacies have these items for purchase or rental. You may be able to borrow them from a friend. If you are unsure of how to use crutches or a walker, please have your doctor arrange for you to meet with a Physical Therapist who can make necessary adjustments and teach you how to use the device.

What to Bring

- List of allergies and labeled medicine bottles.
- Glasses or contact lenses (including lens solution and container/eyeglass case).
- Dentures and container.
- Children may bring a favorite toy or security item (may be taken into surgery if desired).
- Walking aid. Bring any necessary walking aid (crutches or walker), you will need these prior to leaving the hospital.

What to Do Before Your Procedure

- If you are on regular medications, ask your doctor if you should take them the morning of surgery with just a sip of water and report this to the admitting nurse.
- Changes in your condition (cold, flu, fever, etc.) should be reported to your doctor before the day of your procedure.
- Avoid smoking for 12 hours prior to your procedure. This gives your lungs time to clear for the anesthetic.
- Do not eat or drink anything after midnight before your procedure! Failure to comply may result in the cancellation of your procedure.
- Shower or bathe the morning of your procedure.
- Remember to wear comfortable clothing and shoes. Do not wear make-up, jewelry, nail polish, hair pins, etc.
- Please leave all valuables at home.

After Procedure

- Be prepared to purchase prescriptions at a local pharmacy.