

# Pre-Anesthesia Instructions (Day Surgery)

You are scheduled for surgery or a procedure on: \_\_\_\_\_.

Your doctor's name is \_\_\_\_\_.

## Pre-Procedure Services

A nurse or scheduler from Pre-Procedure Services (PPS) may call you to talk about a Pre-Anesthesia assessment about 1 to 2 weeks before your surgery. Based on your health history, you may be scheduled for a clinic visit with a Nurse Practitioner or have an evaluation done over the phone.

## Time of Surgery

If you have not received a call before the day of surgery, call 720-848-1340, on the afternoon before your surgery. Do this anytime from 2 to 4 pm, to find out the time of your surgery or procedure. If your surgery or procedure is on a Monday, or after a Monday holiday, call on the previous Friday afternoon (2 to 4 p.m.).

## Where to Come

On the day of your procedure or surgery, report to Day Surgery Check-In. Take Elevator "C" to the 2<sup>nd</sup> floor of the Anschutz **Outpatient** Pavilion (Anschutz Medical Campus). Check-In is just off the elevators.

If you become ill before your surgery (cold, fever, upset stomach, etc.) or if you have questions, call 720-848-0000 and ask for the resident for the \_\_\_\_\_ Service. You may also call 720-848-1340 and leave a message stating the problem. We will return your call at 6 a.m.

**Eating and drinking before your surgery.** Please follow these instructions **carefully**. If you are taking a **pre-surgery bowel prep**, please follow your surgeon's instructions.

If not told to do a bowel prep:

1. **STOP all solid foods, non-clear liquids, candy or gum at midnight** before your surgery.
2. **DRINK only CLEAR liquids from midnight up to 2 hours before your arrival time.**

You should drink clear liquids but only these liquids are okay to take:

- Water, black coffee or black tea (NO milk, creamer, non-dairy creamer or milk alternatives, herbal teas)
- Clear electrolyte drinks (such as Gatorade®) NO powder based or protein shake drinks
- Apple juice or cranberry juice (NO juice with pulp)
- Clear gelatin dessert (Jell-O®) (NO whipped cream or pieces of fruit)
- Clear broth or popsicles

3. **STOP ALL clear liquids at 2 hours before the time you are told to arrive for your surgery.** TAKE only the medicines you have been instructed to take with a sip of water on day of surgery.

If the instructions are not followed carefully your surgery may be cancelled or postponed when you arrive. Please call if you have any questions.

- DO NOT smoke, chew tobacco, use e-cigarettes, cannabis vapor gas, or recreational drugs the day of your surgery. No marijuana products for 24 hours prior to the day of surgery. **University of Colorado Hospital is a nonsmoking facility.**

### **How to prevent an infection from surgery:**

For 3 days before your surgery:

- Do not shave or have hair taken off at the place you will have surgery.

The night before:

- Place clean sheets on your bed.
- Take a shower
  - Use a new bar of soap
  - Use a clean washcloth
  - Dry off with a clean towel
- Do not use any body gel or cleaner. Use only a bar of soap.
- Do not use a “loofa” (dried sponge used to scrub the body).

The day of surgery:

- Take a shower
  - Use a new bar of soap (this can be the same bar as last night)
  - Use a clean washcloth (this can NOT be the same cloth as last night)
  - Dry off with a clean towel (this can NOT be the same towel as last night)
- Do not use any body gel or cleaner. Use only a bar of soap.
- Do not use a “loofa” (dried sponge used to scrub the body).
- Do not use any lotion or other body products after your shower.

Please note, if you have been told by your surgeon to do something that does not match these details, follow those instructions. Otherwise, please follow these instructions strictly. This will avoid unnecessary discomfort, delays or possible cancellations for yourself (or your child), during and after your surgery or procedure.

### **Other Special Instructions**

- Wear clean, loose fitting clothing that will be comfortable and easy for you to put on after your procedure.
- **DO NOT** wear jewelry (including wedding rings) and remove all body piercings. Make arrangements for all body jewelry that requires a device for removal.
- Wear your glasses instead of contacts. Bring a case for your glasses or hearing aids.
- **DO NOT** wear make-up (especially eye make-up or lipstick), perfume or lotion especially on your face or the surgical site.
- Bring your CPAP or Bi-Pap mask if you have sleep apnea.
- On the day of your procedure, you may brush your teeth but spit out the water.
- Please allow extra time for parking. Park in front of the Anschutz **Outpatient** Pavilion. FREE valet parking available if you are not able to find a parking space quickly or wish to use this service.
- Even if you or your child may be having this surgery or procedure as an outpatient, it may become necessary to be admitted to the hospital instead of going home. If you have packed a suitcase, please leave it in the car until you have a room assignment. The room number will be given to your family after surgery.

## Information for patients and families

- For patients being discharged the day of the procedure, you **must** have a responsible family member or friend to take you home and stay with you overnight. Arrange for a ride in advance.
  - Driving a car, operating machines or appliances, making major decisions, alcohol and marijuana should be avoided for 24 hours after having anesthesia.
  - The parent or guardian of pediatric or special needs patients must stay with them at all times in the hospital and for 24 hours after the procedure. We encourage you to bring another adult to help during the drive home. **DO NOT** bring other children.
- Please bring your insurance card and a photo ID. Bring your pharmacy card, if you have one.
- Please bring a method of payment for your copay or prescriptions. If you have concerns about your insurance or copay, please call Insurance Verification at 720-848-7891 (between 10 a.m. and 4 p.m.) 1 to 2 business days before your surgery. Give your name and date of surgery and they will verify your insurance information and approvals.

