

Preparing for Inpatient Surgery (Overnight and Extended Stays)

1. It is very important to have someone drive you both to the hospital and back home.
2. Bring all medication you take on a daily basis to the hospital. Please do not take any medication while in the hospital without consent from your physician or nurse.
3. Bring your insurance card to be presented at the time of admission.
4. Leave all valuables at home. Eyeglasses should be left in the care of a family member or friend.
5. Bring comfortable clothing for the ride home. For back surgery patients, loose fitting pants are recommended in order to avoid irritation of the incision. For neck surgery patients, loose collared shirts are preferred.
6. It is important to not eat or drink anything after midnight the night before your procedure. This means no chewing gum, hard candy or beverages.
7. If you take any blood thinners, aspirin, or frequent doses of anti-inflammatory medicines (NSAIDS such as Motrin, ibuprofen, Advil or Aleve), please check with your doctor's office about discontinuing these medicines prior to surgery.
8. If you are diabetic, please let the nurses know as soon as possible so your blood sugar can be checked prior to surgery.
9. If you have a CPAP machine for sleep apnea, it is preferred that you bring it with you the day of your surgery. It may be left in the car until you are settled in your hospital room.
10. You will be given discharge instructions when leaving the hospital that explain what you can expect once you get home.

Please contact your physician's office with questions.



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