

Welcome to the Exeter Hospital Surgical Services Departments.

Please read through this pamphlet **as soon as possible** to familiarize yourself with what to expect and what is needed prior to surgery. To help guide you through the process of preparing for surgery, we have clarified the responsibilities of the two departments (as referred to inside this pamphlet) that will contact you prior to your upcoming surgery.

Department Definitions:

Pre-Registration: A non-clinical person from the Registration Department will contact you by telephone about one week prior to your day of service to confirm your address, phone numbers, emergency contact person, insurance information, primary care physician and Advanced Directive status (Living Will and Durable Power of Attorney for Health Care).

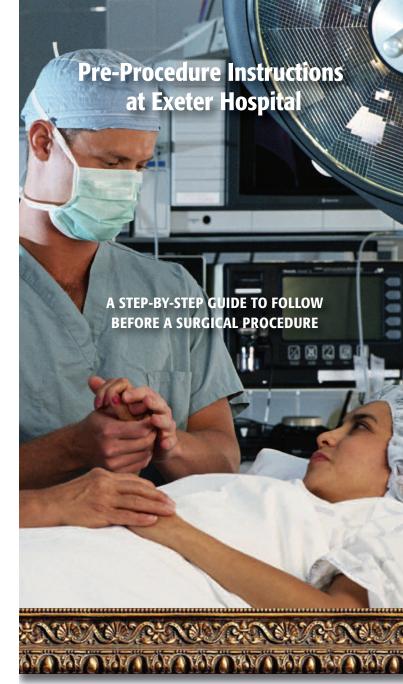
Registered Nurse from the Surgery Department:

A nurse will contact you by telephone about one week prior to your day of service to prepare you for surgery. The nurse will review your medical history, anesthesia experiences, medications and pre-operative instructions included in this pamphlet. The nurse will guide you through any specific instructions from your doctor such as testing or other appointments and will assist you with any special needs or questions.

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For your safety, we ask that you follow the advice in this educational booklet. Failure to follow instructions could result in delay of your surgery.



PRE-PROCEDURE INSTRUCTIONS You are having: Your surgery is scheduled for: Your pre-surgical history and physical is scheduled for: Other prior appointments / labs / EKG / testing: Follow all steps prior to your surgery: 2 Weeks Before: Stop all herbal medications unless ordered by your doctor and continue all prescription medications as instructed by your doctor.

1-2 Weeks Before:

You will get two phone calls:

- The Pre-Registration Department will call to review your personal and insurance information.
- 2. A Registered Nurse from the Surgery Department will call to review your anesthesia and medical history, give you information regarding your day of surgery and answer your questions. Please have your medications and over the counter remedies, vitamins and supplements available.

1 Week Before:

You may be asked to stop aspirin or aspirincontaining products.

- If you routinely take aspirin-containing products or blood thinners, please check with your doctor for instructions. You may take Tylenol for pain.
- NSAIDS, such as Aleve, Motrin, Ibuprofen, or Advil may be taken until 12 hours prior to your surgery, unless directed otherwise by your surgeon.
- Reminder: Please review specific instructions you may have been given by your surgeon.

2 Days Before:

Call the department where your procedure is scheduled. You should call between 1:30pm and 4:30pm to confirm your arrival time.

Outpatient Surgery Center (OSC):

Toll-free: 1-888-589-0896

Local: 603-580-7568

Main Operating Room:

Toll-free: 1-866-778-6615 Local: 603-580-6745



Your arrival time:

Note: It is possible that your surgery time or location could be changed. If there is a change, you will be contacted by our staff.

• Notify your doctor of any health changes such as a cold or fever.

The Night Before Surgery:

- It is very important that you do not eat or drink after midnight the day your surgery is scheduled including water, unless told differently when you call the department for your surgery time.
- Please shower/bathe and shampoo the night before or morning of procedure.

The Morning of Your Procedure:

- If you take prescription medications for your lungs, thyroid, blood pressure, seizures or stomach problems, take them with a sip of water.
- Take heart medications **except** your diuretics (water pills).
- If you are a diabetic or take blood thinners, follow specific instructions given by your care provider.
- Stop all over-the-counter antacids such as Tums, Pepcid Complete, Gaviscon and Mylanta and vitamins.



What to Bring:

- Your license or another legal photo ID.
- List of all current medications incuding over the counter remedies, vitamins and supplements.
- A copy of your advanced directives.
- Insulin or oral diabetic medications.
- Rescue inhalers.
- If you have sleep apnea, bring your machine with you to the hospital.
- For children, bring an extra set of clothing including underwear.
- Leave all valuables at home.

What to Wear or Not Wear:

- Wear comfortable, loose clothing and flat shoes.
- Light makeup is acceptable. Do not apply lotions, perfume, creams, ointments, hair spray and hair products other than shampoo/conditioner the night before or the morning of surgery.
- Do not wear contacts, wear eye glasses.
- All Jewelry, Body Piercings, and Hair Pins MUST BE REMOVED.

How to Travel and Park:

For outpatient surgery, you MUST plan for someone to drive you home if you will be receiving any type of anesthesia or medication that may make you drowsy. Please ask if you do not know.

- \bullet All patients enter at the main entrance opposite the parking garage.
- Please do not park in the parking lot in front of the Emergency Room.
- Free Valet parking is only available at the main entrance.
- Wheel chairs and assistance are available at the main entrance.
- If you take a cab or transport service, you **must** have a responsible adult with you.
- Please make every effort to arrive on time. If you are going to be late, please call the department that you are scheduled to have surgery in (OSC or Main).
- See campus map insert for directions.