

Your active participation is important for your safety.  
Be a well-informed partner in your care. We invite you to *speak up* and engage with your care team.

Scan the code or click on the title of the marked item below  
to see the information your doctor wants you to read.

## Education Sheets:



Preparing for  
Surgery



Surgical Site  
Infections



Anesthesia



Obstructive  
Sleep Apnea



Quitting  
Tobacco



Nerve  
Block



Managing  
Short-term Pain



Managing  
Constipation



Breastfeeding  
and Opioids

# What You Need to Know Before and After a Procedure



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Also available in Spanish.

# Before your procedure, be sure to discuss the following with your healthcare provider:

## BEFORE YOUR PROCEDURE

### TELL US:

- About any other procedures you've had.
- If you have had any problems with anesthesia.
- About all current medications you are taking. This includes inhalers, patches, injections, vitamins, or herbal remedies.
- About any health conditions (allergies, diabetes, breathing problems, sleep apnea, high blood pressure, anxiety, etc.).
- If you are pregnant or breastfeeding.

### ASK ABOUT:

- What you should or should not do before your procedure such as:
  - How to clean and prepare your body.
  - Any fluid or food restrictions.
- How long you will stay in the hospital.
- Treatment for your pain and how to use the pain scale.
- Anesthesia and any safety restrictions or possible side effects (sleep apnea, driving, nausea, vomiting, medication reactions).

### CONFIRM:

- Your scheduled procedure. Have you talked about it with your doctor?
- Your surgery site, if appropriate. Is it clearly marked on your body?

## AFTER YOUR PROCEDURE

### TELL US:

- About any bleeding, difficulty breathing, pain, fever, dizziness, nausea, vomiting, or unexpected reactions.

### ASK ABOUT:

- **Medications.** When you can restart your home medications. Are new medications prescribed (such as pain medications)? What side effects might you have?
- **Activity.** When you can get back to normal activities, such as walking, showering, bathing, lifting heavy objects, driving, sexual activity, or exercise.
- **Wound care.** When your stitches or staples will be removed. Do you have to follow any special instructions?
- **Preventing infections.** What can you do to lower your chances of getting one?
- **Diet.** When can you drink fluids and eat regular foods? Are there foods or drinks you need to avoid? For how long?

### CONFIRM:

- Any follow up appointments with your doctor, if needed.
- That your medical team has discussed the results of your procedure with you or your support person(s).