

## Preparing for Surgery

We would like to thank you for allowing us to participate in your health care. We know that optimal health and good quality of life are very important to you. Our commitment is to be compassionate, competent, and to keep you well-informed.

We understand that having a surgical procedure of any kind can be a time of nervousness and uncertainty. Although we have performed surgery many times and enjoy this aspect of our profession, we realize it may be new to you. To help you through this process we have created this check-list. Please review and complete the following steps before your surgery.

If you have questions please call: Office: 435-792-1967 Hospital: 453-716-1000.

1. Know what surgery you are having, why it is necessary, and the risks involved. For same day procedures we anticipate that you will be in the hospital about 3-4 hours after your surgery but will be going home that day. You will need to bring someone to drive you home.
2. Decide and plan for a surgery date when you will have adequate time for recovery and adequate assistance at home.
3. Read the ACOG pamphlet provided entitled: "Preparing for Surgery".
4. Contact your insurance company to check coverage for your particular surgery. We can provide you with the proper name of the procedure.
5. Read, understand, and sign the consent forms.
6. Make a list of your questions and we will review it together at your "preoperative" visit before surgery.
7. Do not eat or drink anything after midnight the night before your surgery. Doing so will result in cancellation of your procedure. If you are on medications ask which ones you should take the morning of surgery. You will be contacted by the surgery center to review your medications as well.
8. Do not take herbal products or aspirin products during the week before surgery. Bring a list of all you medications and the dosages.
9. Review the "post-operation instruction" sheet and keep it at home to have available for you after surgery.
10. Be positive. The purpose of your procedure is to protect you from disease and improve your quality of life.