The SwedishAmerican Surgicare Center  
Pre-surgical Instructions

PRE-SURGICAL INSTRUCTION WORKSHEET

(This worksheet is for your use while receiving instructions from the nurse)

Surgery Date: ________________  Arrival Time: ________________  
Surgery Time: ________________

Stop eating at 11:00 p.m. the night before surgery or: _______________________

Medications to take the night before surgery:
________________________________________________________________________  
________________________________________________________________________  
________________________________________________________________________  
Water, clear tea, black coffee, apple juice, or soda (8 oz) until: ________________  
Do not eat anything, including candy or gum!

Medications to take the morning of surgery:
________________________________________________________________________  
________________________________________________________________________  
________________________________________________________________________  

Wear comfortable, loose fitting clothes that will fit over bandages and splints.

What to bring:
- Insurance/Medicare Card
- A written list of your current medications, including dosage and frequency.
- Copy of Advanced Directives: Living Will or Durable Power of Attorney.
- Information Card for any implanted medical device (e.g. Pacemaker).
- 3 X 5 pink card from the Lab.
- Inhalers and Sleep Apnea machines and appliances.
- Crutches, walkers, braces, or immobilizers, as instructed by your surgeon.
- Eyeglass case or contact lens case.
- Empty sippy cup or bottle, soft toy, blanket, or other comfort item for your child.

Do not:
- Do not wear make-up, perfume, cologne, nail polish or contact lenses.
- Do not bring valuables or money.
- Do not wear jewelry.

Enter via:
State Street Lobby (3rd floor) – All surgeries except Open Heart Surgery
Heart Hospital Lobby (1st floor) – All Open Heart Surgery

Stop at Reception Desk?  YES  NO

Surgicare in on 2nd floor across from the open spiral staircase.