

My Pre-Op Checklist

10- 14 Days Before Your Surgery

- Discontinue any herbal supplements, including Vitamin E and fish oil.
- If you take daily aspirin check with your doctor and discontinue if possible.
- Please take time to review the patient education materials sent to your email by your surgical team.
- The email will come from Mass General Brigham (MGB) with the title: *Follow up from your care provider*.
- You will have a teach visit (either in person or on the phone) with one of our surgical nurses to help answer any additional questions. **Please be sure you review the patient education materials prior to this visit.**
- You will have a pre-admission testing appointment by phone or in person.
- If you have more questions about your day of surgery instructions after this pre-admission appointment or phone call, you can call:
 - **(617) 983 – 7179:** For surgeries scheduled at the Brigham and Women's Faulkner Hospital
 - **(617) 525 – 7024:** For surgeries scheduled at the Brigham and Women's Main Campus

7 Days Before Your Surgery

- If you take blood thinners, check with your doctor and discontinue if possible.
- Arrange to have someone drive you home once you are ready to be discharged from the hospital.
- Arrange for someone to be at home with you during the first 24 hours after surgery.

2 Days Before Your Surgery

- Discontinue any NSAID medications, such as ibuprofen (Advil, Motrin) or naproxen (Aleve). These medications can cause bleeding. Acetaminophen (Tylenol) is ok to take.

The Day Before Your Surgery

- Do not eat anything after midnight the night before surgery. You may drink clear liquids up to two hours prior to your scheduled surgery.
- Remove your nail polish.
- If you will stay overnight in the hospital after your surgery, pack a bag for your hospital stay. Don't forget your:
 - Asthma inhalers, CPAP or other breathing devices
 - Eyeglasses, dentures, hearing aids
 - Comfortable clothes to wear home, including any post-surgical garments you have been prescribed or given.
 - A pillow to put under your seat belt chest strap, if appropriate.

The Morning of Your Surgery

- If you are advised to take a medication, please do so with water. You may drink clear liquids up to two hours prior to your scheduled surgery.
- If you are diabetic, do not take insulin or diabetes medications.
- You may brush your teeth.
- Do not wear contact lenses.
- Do not wear any jewelry including rings. Do not put on any lotion, cream, powder, deodorant, makeup or perfume.

- If your surgery is scheduled at **Brigham and Women's Faulkner Hospital**: Please report to the day surgery pre-op unit on the first floor
- If your surgery is scheduled at **Brigham and Women's Main Campus**:
 - **If you are having day surgery**: Please report to the 75 Francis Street entrance of the Brigham and Women's Hospital, (near Panera) and take the Amory Service elevators down to floor L1 to check in at the Day Surgery Department.
 - **If you are staying the night in the hospital**: Please report to the Scharf Admitting Center (near Panera) in the Schuster Lobby on floor 1 at the 75 Francis Street entrance.