

Before Your Surgery

Pre-operative Physical Appointment

Your surgeon may ask you to see your primary care physician for a pre-operative physical. **This needs to be done within 30 days of your scheduled surgery.**

If you see a heart doctor, an appointment with that physician may also be required. Lab work may be ordered and must be completed prior to surgery.

Here are the three phone calls you will receive prior to surgery.

Pre-admission Phone Call

A registered nurse in Pre-admission Services will call you to review your health history and current medications, as well as answer any questions you may have.

Pre-registration Phone Call

Mercy Health Registration will call you prior to surgery to verify your insurance information or you may go online to register:

[MercyHealthSaintMarys.com/saint-marys-pre-register](https://www.mercyhealth.com/saint-marys-pre-register)

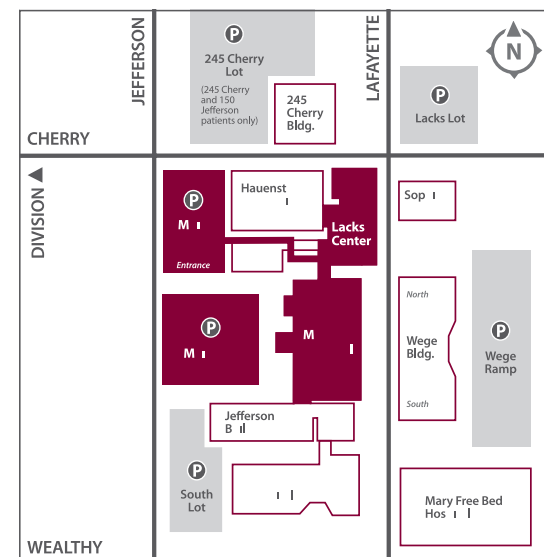
Surgery Time Phone Call

On the afternoon before surgery, you will be called with the official time you should arrive for surgery. If your surgery is on Monday, you will be called on Friday.

Parking

The main parking lot and parking ramp are located in front of the main hospital at 200 Jefferson Avenue. (Parking is provided free of charge.) If you park in the ramp, follow skywalk to main hospital or to Lacks, depending on your surgery location.

For additional information and driving directions, visit [MercyHealth.com/surgery](https://www.mercyhealth.com/surgery)



Surgical Services

Main Hospital (Surgery is located on Level 3)
200 Jefferson Avenue SE • Grand Rapids, MI 49503

Lacks Center (Surgery is located on Level 2)
250 Cherry Street SE • Grand Rapids, MI 49503

Pre-admission Services
616.685.6705 • Operator: 616.685.5000
Monday–Friday, 8:30 a.m.–4:30 p.m.

Rev 7/18

SURGICAL SERVICES

How to prepare for your surgery.



Here's what you and your family need to know.



Welcome to Mercy Health.

So you're about to have surgery. You may be feeling a little scared or anxious. That's normal. But you can take comfort in your surgeon's decision to perform your procedure at Mercy Health Saint Mary's Campus.

Mercy Health provides top quality medical facilities for your surgeon and advanced pre- and post-surgery care for you. From the moment you walk through our doors, an entire team of medical professionals will be working to make your experience as comfortable as possible for you.

Outlined within this brochure are the essential steps that need to be completed prior to having surgery. For your safety, failure to follow these instructions may result in your surgery being delayed or canceled.

If you have any questions, please call your surgeon's office or Pre-admission Services at 616.685.6705.



Optimizing Your Health Prior to Surgery

STOP SMOKING

You must refrain from smoking or chewing tobacco for at least 8 hours before your surgery. The link between smoking and post-operative complications is well documented. Smoking decreases your body's ability to heal after surgery.

Please note: Mercy Health is a smoke-free facility.

EXERCISE

Research shows getting more physical activity before surgery can lower the risk for problems after surgery.

DIABETES

Please monitor and make every effort to control your blood sugar. If you take insulin, contact the health care provider who manages your diabetes for instruction on how to manage medications before surgery.

MEDICATIONS

Your surgeon and primary care provider will advise you on which medications should be stopped and when to stop them.

Medications commonly stopped for surgery include, but are not limited to:

- Anti-inflammatory medications (Motrin, Aleve, ibuprofen)
- Some vitamins and herbal supplements (fish oil, ginseng, St. John's Wort)

- Blood-thinning medications (Plavix, warfarin or Coumadin, Pradaxa, Xarelto and Eliquis); **you must ask the doctor who prescribed these medications how to adjust the dosage before surgery**

- May take 81 mg baby aspirin at usual time

- Weight-loss drugs (phentermine)

HEART & BLOOD PRESSURE MEDICATIONS

There are different categories for these medications. Some should be taken day of surgery and some must be stopped or surgery will be cancelled. Please confirm with your surgeon and cardiologist.

NUTRITION

Eat a well-balanced healthy diet and drink plenty of water.

Hygiene & Infection Prevention

If you have been given specific instructions to prevent infection, please follow your surgeon's directions.

- Before surgery, all bed linens, towels and clothing should be freshly washed and dried at the warmest temperature the fabric will tolerate.
- Clean your home right before surgery. Pay close attention to frequently touched areas, such as door knobs, counters and toilet seats.
- Please bathe at least once within the 12 hours prior to your surgery using a new bar of soap. Wash your hair with your regular shampoo. Please be sure to rinse soap and shampoo residue from your skin.

- Do not apply lotions, powders, hair spray or makeup on the day of surgery. Put on clean clothes after showering.
- Your partner (or anyone with whom you share a bed, NOT including pets) will need to shower and change into clean clothes.
- Do not shave where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.
- **If you are experiencing fever, chills, cough or have any open cuts/sores near the procedure area, notify your surgeon.**

What should I bring with me?

- Insurance card and picture identification
- Hearing aids and batteries
- Glasses
- Dentures
- Lab form with blood band if you have one
- CPAP/BiPAP machine
- Advance directive/durable power of attorney papers if you have them
- Adult driver or contact person (**An adult driver must be available to drive you home.** A responsible adult is a family member, friend or someone you know personally and does not include a bus, taxi or insurance provided driver.)

What should I wear?

- Loose-fitting clothes work well for post-surgical patients.

What should I leave at home?

- To ensure your safety and to prevent infection, please **remove all jewelry and body piercings** before arriving for surgery.
- **No valuables:** Do not bring cash, credit cards, jewelry, purses/wallets, laptops or tablets.

Please note: Mercy Health is not responsible for any lost or stolen items.

May I eat or drink before surgery?

Take your medications with a sip of water. Unless otherwise instructed by your surgeon, please follow these instructions.

8 HOURS PRIOR TO SURGERY

- **Do not have any solid food.**
- Do not have chewing gum or suck on any items such as mints, hard candy, etc.
- No smoking or chewing tobacco.
- Between 8 hours and 4 hours, you may drink 8 ounces of clear liquid. This includes water, **BLACK** coffee, carbonated beverages or Gatorade. This does **NOT** include milk, cream or orange juice.

4 HOURS PRIOR TO SURGERY

- **Nothing to eat or drink.**
- You may brush your teeth.

Is there a family waiting area?

Yes, with wi-fi, coffee and water. Cafeteria and vending machines are available on campus.

If you still have questions after you speak with the Pre-admission nurse, please call **616.685.6705**