SURGICAL PATIENT EDUCATION

Name: _______________________________________________________

Surgeon: _______________________________________________________

Surgical Procedure: _____________________________________________
_________________________________________________________________

Surgery is scheduled for:

Date: _________ Time: _______ GBMC Location: _________________

- Patients UNDER 12 years of age, arrive 1 hour prior to scheduled surgery.
- Patients OVER 12 years of age, arrive 2 hours prior to scheduled surgery in the Virginia Sherwood General Operating Room and 1 1/2 hours prior to surgery in the Women’s and Outpatient Surgical Center.

(Bring this packet to ALL appointments regarding your surgery)
TABLE OF CONTENTS

SURGERY TIMELINE ...................................................................................... 3-6
DIRECTIONS ..................................................................................................... 7
MAP AND GENERAL REMINDERS ................................................................ 8

Surgery Timeline
Follow this timeline based on the medications you currently take, and the Enhanced Recovery Pathway created for you:

**From Now-Day of Surgery**

Consult your Primary Care Physician or Cardiologist if you are taking:

- **Blood thinners** (Coumadin, Xarelto, Plavix, Warfarin, Celebrex, Pradaxa, or Eliquis).
- **Aspirin or salicylates** including Alka-Seltzer and Pepto-Bismol.
- **Non-Steroidal Anti-inflammatory Drugs (NSAIDS):**
  - Ibuprofen
  - Advil
  - Motrin
  - Aleve
  - Naposyn
  - Naproxen
  - Excedrin
  - Meloxicam
  - Mobic
  - Etodolac
  - Duexis (ibupfoen/famotidine)
  - Vimovo (naproxen/esomeprazole)
  - Treximet (sumatriptan/ naproxen)

Consult your Primary Care Physician if you are taking **Erectile Dysfunction Drugs** (Viagra, Cialis, or Levitra).

Consult your Primary Care Physician if you are currently on **Hormone Replacement Therapy**.

Consult your Primary Care Physician and/or Endocrinologist if taking **insulin or using an insulin pump**.

TAKE **Heartburn/Ulcer medications/acid blockers** (Axid, Pepcid, Prilosec, Propulsid, Reglan and Zantac)

TAKE **Anti-depressants**

TAKE **Anti-anxiety medications**

TAKE **Psychiatric medications**

TAKE **Anti-Seizure medications**

TAKE **Asthma Inhalers/medications**

TAKE **Birth Control Pills**

TAKE **Eye Drops**

TAKE **Thyroid medications**
☐ **TAKE** Cholesterol medications

☐ **TAKE** Blood Pressure medications except for Angiotensin Converting Enzyme (ACE) inhibitors and Angiotensin Receptor Blockers (ARB)s (See Pg. 7 included in this packet)

☐ Try to increase walking/exercise to 30 minutes a day.

☐ If you have not already, stop smoking cigarettes/cannabis, vaping

☐ Perform Daily oral care-Brush your teeth 3-4 times a day to reduce risk of developing pneumonia and other associated infections

☐ Eat a healthy diet – this helps you to recover faster

☐ Appoint a friend or a family member to be your support person. This person can help you prepare for surgery and can also help you recover by picking up your prescriptions, shopping, completing household tasks.

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**1 Week Before Surgery**

☐ **STOP** All diet/weight loss medications (Phentermine, Glucomannan, CLA (conjugated linoleic acid), Orlistat (Alli), Garcinia cambogia, Hydroxycut, Raspberry ketones, Meratrim, green tea extract, Forskolin, Synephrine)

☐ **STOP** All herbal medications and non-vitamin supplements (Fish oil/Omega Vitamin E, Glucosamine, Gingko Biloba, Garlic, Ginseng, Tumeric, CoQ10)

☐ Do NOT Shave.

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**2 Days Before Surgery**

☐ **STOP** Monamine Oxidase Inhibitors (MAIOs) (Nardil [Phenelzine], Emsam [Selegline], Marplan [Isocarboxazid], Parnate [Tranylcypromine].

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**Day Before Surgery**
- **STOP** Metformin 24 hours prior to surgery.
- **STOP** the following **blood pressure medications**

### Ace Inhibitors

<table>
<thead>
<tr>
<th>Ace Inhibitors</th>
<th>Fosinopril</th>
<th>Monopril HCT&lt;sup&gt;®&lt;/sup&gt;</th>
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<tbody>
<tr>
<td>Aceon&lt;sup&gt;®&lt;/sup&gt; (perindopril)</td>
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<td>Accupril&lt;sup&gt;®&lt;/sup&gt; (quinapril)</td>
<td>Lexxel&lt;sup&gt;®&lt;/sup&gt; (enelipril/felodipine)</td>
<td>(fosinopril/HCTZ)</td>
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<tr>
<td>Accuretic&lt;sup&gt;®&lt;/sup&gt; (quinapril/HCTZ)</td>
<td>Lisinopril</td>
<td>Perindopril</td>
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<td>Lotensin&lt;sup&gt;®&lt;/sup&gt; (benazepril)</td>
<td>Prinivil&lt;sup&gt;®&lt;/sup&gt; (lisinopril)</td>
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<tr>
<td>Benazepril</td>
<td>Lotrel&lt;sup&gt;®&lt;/sup&gt;</td>
<td>Quinapril</td>
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<td>(amlodipine/benazepril)</td>
<td>Ramipril</td>
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<tr>
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<td>Mavik&lt;sup&gt;®&lt;/sup&gt; (trandolapril)</td>
<td>Tarka&lt;sup&gt;®&lt;/sup&gt; (trandolapril/HCTZ)</td>
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<tr>
<td>Captopril</td>
<td>Moexipril</td>
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<td>Enalapril</td>
<td>Monopril&lt;sup&gt;®&lt;/sup&gt; (fosinopril)</td>
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<td>Trandolipril</td>
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<td>Zestoretic&lt;sup&gt;®&lt;/sup&gt; (lisinopril/HCTZ)</td>
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<tr>
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<td>Vasotec&lt;sup&gt;®&lt;/sup&gt; (enalapril)</td>
<td>Zestril&lt;sup&gt;®&lt;/sup&gt; (lisinopril)</td>
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<tr>
<td>Univasc&lt;sup&gt;®&lt;/sup&gt; (moexipril)</td>
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### Angiotensin Receptor Blockers

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<thead>
<tr>
<th>Angiotensin Receptor Blockers</th>
<th>Diovan&lt;sup&gt;®&lt;/sup&gt;</th>
<th>Ibesartan</th>
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<tr>
<td>Atacand&lt;sup&gt;®&lt;/sup&gt; (candesartan)</td>
<td>(valsartan/HCTZ)</td>
<td>Losartan</td>
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<td>Atacand HCT&lt;sup&gt;®&lt;/sup&gt; (candesartan/HCTZ)</td>
<td>Doivan HCT&lt;sup&gt;®&lt;/sup&gt;</td>
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<td>Olmesartan</td>
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<td>Azor&lt;sup&gt;®&lt;/sup&gt; (olmesartan/amlodipine)</td>
<td>Exforge&lt;sup&gt;®&lt;/sup&gt;</td>
<td>Telmisartan</td>
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<tr>
<td>Benicar&lt;sup&gt;®&lt;/sup&gt; (olmesartan)</td>
<td>(valsartan/amlodipine)</td>
<td>Teveten&lt;sup&gt;®&lt;/sup&gt; (eprosartan)</td>
</tr>
<tr>
<td>Candesartan</td>
<td>Exforge HCT&lt;sup&gt;®&lt;/sup&gt;</td>
<td>Teveten HCT&lt;sup&gt;®&lt;/sup&gt; (eprosartan/HCTZ)</td>
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<td>(valsartan/HCTZ/amlodipine)</td>
<td>Valsartan</td>
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<tr>
<td></td>
<td>Hyzaar&lt;sup&gt;®&lt;/sup&gt;</td>
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<td>(losartan/HCTZ)</td>
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- Practice Deep Breathing Exercises and Incentive Spirometer if recommended by surgeon.
- Do simple things to make your homecoming easier such as: put things you use frequently between waist and shoulder height to avoid having to bend down or stretch too much to reach them.
- Put clean sheets on the bed
- Buy the foods you like and other things you will need.

**Day of Surgery**
STOP Oral Diabetes Medication the morning of surgery:

- ActoPlus Met
- Avandament
- Fortamet
- Glucophage
- Glucovance
- Glumetza
- Glyburide
- Prandimet
- Invokamet
- Jentadueto
- Janumet
- Kombiglyze XR
- Metaglip
- Metformin
- Riomet
- Xigduo
- Kazano
- Synjardy
- Segluomet

STOP Topical medications (creams and ointments)

STOP Diuretics.

STOP Theophylline.

STOP Antacids (Carafate, Maalox, or Tums)

Take Medications, if any, as prescribed or recommended by the surgeon or healthcare provider.

NOTHING BY MOUTH

Deep Breathing Exercises

1. Sit upright.
2. Take a few slow breaths, then take a slow, deep breath in through your nose.
3. Hold your breath for 2-5 seconds.
4. Gently and Slowly breathe out through your mouth making an “O” shape.
5. Repeat 10-15 times.

General Reminders

- Keep all your jewelry, piercings and valuables in a safe place at home.
- Do not eat any solid foods, gum, mints or smoke cigarettes!
- You may brush your teeth and rinse your mouth.
- Make sure you have your photo ID and insurance card with you.
- Make sure you have your small hospital bag, walker or other assistive device and/or CPAP machine packed and loaded in your car—leave these in the car or with someone you trust until you are settled in your hospital room after surgery.
Your Surgery is Scheduled at the following location on GBMC Campus

General Operating Room (GOR)/Virginia Sherwood Operating Room

- From Charles Street, bear left at the fork towards the ER
- Park in Lily Park Garage (which is left of the ER).
- If you park on the level that you rode in on then—walk through the automatic doors toward the main hospital.
- Once inside, you will pass a sitting area on the LEFT.
- Continue until you reach elevator E.
- Take Elevator E on the left to the 4th floor.
- When you exit the elevator walk straight forward to the GOR registration desk.

If you park on a level in the garage other than the level you rode in on—take the garage elevator to the 3rd level (hospital level) - make a right off the garage elevator, then another right toward the main hospital inside - pass a sitting area on the LEFT, take Elevator E on the left to the 4th floor. When you exit the elevator, walk straight forward to the GOR registration desk.

If dropping off a patient: Pull around to the Hospital Main entrance. Once you enter the hospital continue past the main desk until you reach elevator E on your right. Take Elevator E on the right to the 4th floor.
When you exit the elevator, walk straight forward to the GOR registration desk.

Women’s and Outpatient Surgical Center (WOSC)
From Charles Street, bear right at the fork towards La Petite Daycare Center.
- On the right you will see Daffodil Park Garage.
- Park on level 1 of Daffodil Park Garage and follow the walkway to WOSC located in Physicians Pavilion West.

If dropping off a patient: Pull around to the main entrance of Physicians Pavilion West. Please note that you will enter the building on level 3 and will take the elevator to the first floor where WOSC is located.
Aunt Bertha

Aunt Bertha will ask you for your zip code and allows you to search for free or reduced cost services like food, nutrition and health education, medical supplies, home aides, transportation, insurance, financial assistance, and more!

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