



Health Information Library

*Providing patient and family education
from hospital to clinic to home.*

Getting Ready for Surgery **University of Kentucky Multidisciplinary GI Oncology Clinic**

Your surgery is scheduled for: DAY _____ DATE _____

The day before your surgery, _____, a nurse at the Surgery Center will call you between 11AM and 4PM to tell you what time to be at the hospital for your surgery.

If your surgery is scheduled for Monday, you will be called on the Friday before surgery.

If you do not have a phone or will not be home, *you must* call the Surgery Center between 11AM and 4PM to find out your surgery time.

(800) 333-6450
323-4649

If you live outside Lexington
If you live in the Lexington area

PRE-OPERATIVE ANESTHESIA CLINIC

In order to make sure everything will be ready for the day of surgery, you must go to the Pre-Operative Anesthesia Clinic. You should go at least one week before your surgery but not more than four weeks before your surgery.

The Clinic is located on the 2nd Floor of the Kentucky Clinic, Wing C and is open Monday thru Friday from 9AM to 4 PM.

Call the clinic at (859)-323-6927 for an appointment. Write down the day and time in the space below so you won't forget.

Your appointment is _____ at _____

In this clinic, you will be evaluated for use of the right anesthesia and be taught about your surgery. Any test your surgeon and and/or anesthesiologist need for your care will be done at this time, for example, blood work, x-rays, etc.

The week before surgery:

Do *not* take aspirin or ibuprofen (I-bew-pro-fin) for 7 days before your surgery. If your caregiver has told you to take aspirin daily or if you take any blood thinning medicine such as Plavix, Pletal, Trentol, or Coumadin, DO NOT stop without asking your caregiver first.

Tell your caregiver about any over-the-counter medicines you are taking including vitamins, herbs, food supplements, or laxatives. Your caregivers can find out if these medicines interact with medicines you may need during surgery.

Take antibiotic (an-ti-bi-ah-tik) medicine before surgery if given to you by your caregiver.

The day before surgery (date _____):

If a bowel prep has been ordered please follow the instructions that have been given to you.

After midnight the night before surgery:

- Do *not* smoke cigarettes or chew tobacco.
- Do *not* eat or drink anything (NOT EVEN WATER).
- Do *not* suck on mints or hard candy.
- Do *not* chew gum.
- Do *not* take any medicine *unless* you are specifically told to do so. If you are told to take your medicine, take it with just a small sip of water.

If these instructions are not followed, the risks associated with anesthesia are increased and it may be necessary to postpone your surgery.

Day of surgery

Please come to the Surgery Center registration area on the first floor of the UK Hospital at your scheduled time. Follow the copper colored floor tiles in front of

the Information Desk in the main lobby of the hospital, or check with the staff at the Information Desk if you need directions.

If you arrive late, your surgery may be delayed or cancelled, so please allow plenty of time to get to the hospital.

Please remember the following things:

1. Bring your insurance card.
2. Bring Guardianship, Power of Attorney, Health Care Surrogate, or Living Will documents (if applicable to your situation).
3. Leave all valuables such as money and jewelry at home.
4. Bring all your medicines or a list of all the medicines that you take on a regular basis.
5. Do *not* wear nail polish or make-up.
6. Do *not* wear contact lenses. Wear your glasses instead.
7. Dentures will have to be removed before surgery.
8. Visitors are limited for the privacy of all patients. Children under 14 years of age are not allowed in the surgery areas.
9. Bring loose, comfortable clothes with you to wear home when you leave the hospital.
10. You may need to rest at home for several days after your surgery.

After you register, you will be taken to the surgery holding room where an intravenous catheter (IV) will be placed for delivery of fluids and sedation. A family member may stay with you until the time of surgery. You will be taken to the operating room on a stretcher. Your stomach will be cleaned with soap and water. This soap may make your skin yellow, but it will be cleaned off later. You will receive general anesthesia, and your throat may be a little sore for a few days. You will *not* feel any discomfort during the surgery and you will *not* remember it.

After surgery, you will be taken to a recovery room and will stay there until you wake up completely. Then you will be taken to your room.

Waiting room: Your family will be told where to wait while you are in surgery. Your doctor or a nurse will tell them when surgery is over and when they can see you. If your family leaves the hospital, ask them to leave a number where they can be reached.

Remember that delays are possible. Be prepared to spend most of the day at the hospital.

If you decide not to have your surgery or if you have a fever over 100 degrees orally, please call:

(800) 333-6450 between 11AM and 5PM, Monday through Friday

OR

(859) 323-5631 after 5 PM and on weekends or holidays.

If you have questions or need to reschedule your surgery, please call Gina Smithers, GI/GU Program Coordinator, at (859) 323-5275 or Donna Areaux, RN Disease Team Leader for GI/GU, at (859) 323-8172.

CARE AGREEMENT: You have the right to help plan your care. To help with this plan, you must learn about your health condition and how it may be treated. You can then discuss treatment options with your caregivers. Work with them to decide what care may be used to treat you. You always have the right to refuse treatment.

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