

**Sibley Memorial Hospital**  
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Washington, DC 20016

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## **Before Your Surgery**

### **At Least 3 Days Before Your Surgery**

Pre-register with the Admissions Office. If you do not hear from the Admissions Office, call 202.537.4190.

Make sure you've been contacted by a nurse from Sibley's Pre-Surgical Testing Center to:

- Review your health history and medications
- Schedule any tests needed
- Provide pre-operative instructions
- Answer your questions

If you have not been contacted by a nurse, please call the Testing Center at 202.537.4437.

- Visit your primary care physician or healthcare provider if your surgeon has asked you to do so. All required pre-operative tests and assessments must be completed and received by Sibley at least 72 hours prior to surgery or your surgery may be rescheduled.
- Complete and update a list of your current medications to include name and dosage, including vitamins and herbals.
- Arrange for a ride home.
- Fill your post-op prescriptions.

### **One Day Before Your Surgery**

A nurse will give you specific "day before surgery" instructions. In general, you should:

- Drink extra fluids, but avoid alcohol.
- Do NOT eat any food after midnight.

### **On The Day of Surgery**

Follow your pre-surgical instructions regarding pre-op shower, medications, eating and drinking. A parent or guardian must accompany minors under the age of 18.

For your convenience, a patient communication monitor is visible in the surgical waiting area. This system provides patient status and tracking information. An instruction sheet is available in this area to assist visitors in interpreting the information displayed on the monitor. We also have pagers available for visitors to use in the event they wish to leave our waiting area. Please see the secretary if a pager is needed.

Use this checklist before leaving home:

- Bring your insurance card and picture ID.
- Bring any forms or x-rays requested by your physician.

- Leave valuables at home.
- Remove all jewelry and body piercings.
- Wear casual, comfortable, easy-to-change clothing and remove make-up.
- Stop smoking.
- Bring a case for your dentures, hearing aids, glasses or contacts.
- Bring a copy of your advance directive or living will.
- Bring information regarding any existing implants.
- Arrive on time.
- Bring a complete up-to-date list of current medications that includes name and dosage. Be sure to include vitamins and herbals.

### **After Your Surgery**

Following surgery, you will go to the Post Anesthesia Care Unit (PACU/Recovery Room) for observation by nurses with special training in post-surgical care. You will remain in the Recovery Room until you are admitted to the hospital or are able to return to the Same Day Surgery Unit or your room. At that time, your family or caregiver may join you.

### **Discharge**

Your surgeon will speak with your designated contact person after surgery to answer any questions. Instructions about medications, diet and home care will be given to you and your caregiver, verbally and in writing, before you leave.

After discharge, please contact your surgeon with any questions.