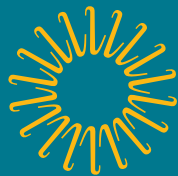




# Preparing for Surgery

## at Rhode Island and The Miriam Hospitals



**Rhode Island Hospital**  
**The Miriam Hospital**

*Lifespan. Delivering health with care.®*



**Name:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Time per hospital or surgeon's office** \_\_\_\_\_

- The Miriam Hospital, Providence, RI 02906**
- Main Building: 164 Summit Avenue**
- The Norman & Rosalie Fain Health Centers SurgiCenter, 77 5th Street**
- Rhode Island Hospital, Providence, RI 02903**
- Ambulatory SurgiCenter (ASC): 2 Dudley Street**
- Davol (Main) Operating Room, enter through the Hasbro Valet entrance**
- Other:** \_\_\_\_\_

## Questions? Call 401-793-2960

In preparation for your upcoming procedure/surgery, please review and follow the instructions in this booklet. It will provide you and your loved ones with important information about your preparation for surgery and ways to prevent complications after surgery.

## Weeks Before Your Surgery

- **Quit smoking or try to cut back.** Smoking increases your risk of infection and other complications. The hospital is a smoke-free facility, so you will not be allowed to smoke while in the hospital.
- **If you are diabetic,** check your blood sugar and do your best to maintain normal blood sugar levels by selecting healthy meal options and remaining as active as possible.
- **Follow your surgeon's instructions** if you have been told to begin a special diet, take certain medications, or prep your bowels.

## The Night Before Your Surgery

### What to bring.

Pack a small bag with the following items, and place near the door so you do not forget it.

- Insurance card, ID, and a copy of your health care directives
- A list of all your medications and the last time you took them
- CPAP or BIPAP machine (if applicable)
- Glasses (not contact lenses), hearing aids, dentures
- Cell phone and charger

### What NOT to bring.

- Do not bring medications unless instructed to do so.
- No jewelry, including wedding ring. Remove piercings.
- Do not bring large amounts of cash or credit cards unless you have a financial obligation.

## Shower Instructions

Your skin needs to be as clean as possible before surgery. You can decrease the germs on your skin by following these instructions. **Shower the night before and the morning of surgery with a special soap called chlorhexidine.**

## Night Before Surgery Shower Instructions

- Wash your face and hair with regular soap and shampoo. Rinse.
- Turn the water off (to prevent rinsing the soap off too soon).
- Apply the special chlorhexidine soap to a clean washcloth.
- Wash your entire body, **from the neck down.**
- Gently wash continuously for **5 minutes. Do not scrub too hard.**
- Do not use on any open wounds or internal areas.
- Turn the warm water back on and rinse off the special soap.
- Pat yourself dry with a **clean** towel. Do not rub your skin.
- **Do not shave** or wax near where you will have surgery.
- **Do not apply any lotions, oils, cream, or powder.**
- Dress in freshly washed clothes.
- Sleep on clean sheets the night before your surgery.

**If you are having surgery above your neck,** please wash your face with antibacterial soap that has Benzalkonium (examples include Dial antibacterial, Dove Men + Care antibacterial, Softsoap antibacterial).

## Morning of Surgery Shower Instructions

- Repeat shower process, following the above instructions.
- You may brush your teeth and apply deodorant.
- Dress in clean, comfortable, loose-fitting clothing, and wear comfortable shoes with non-skid soles.

**Remember to remove jewelry and piercings.**



**Call your surgeon's office** if you become sick or develop a skin condition in the days leading up to your surgery.



**Fasting.** Do not eat after midnight the night before surgery, including food, candy, gum or coffee.



Unless your surgeon tells you differently, **you may drink 3 glasses (8 ounces each) of water or apple juice only.** If you were given a pre-surgical drink, you will have this instead of the water or apple juice. These drinks **must be finished 2 hours before** you arrive at the hospital.



**No smoking** of any kind, the day before or day of surgery.



**No alcohol** 12 hours before surgery.



**Bring glasses, hearing aids and/or dentures** and cases to keep them safe. No contact lenses.



You may bring your **cell phone and charger.** Please leave your other valuables at home.



**Bring photo ID and health insurance card.** You can also upload this information into the patient portal (MyLifespan). **Bring a list of your medications and the time of the last dose.**



**Sleep apnea.** Bring your machine with you to the hospital. Patients with sleep apnea may have an extended stay in the recovery room.



**Remember, all jewelry and piercings must be removed at home before surgery.** If not removed, your surgery might be canceled by the surgeon or anesthesiologist.



**No makeup or perfume.**



**You will need a driver** responsible for your care to take you home if you are not admitted to the hospital after your surgery. If you have arranged for transportation with a ride service, you must have a responsible adult accompany you home.



**Remember to follow any instructions your surgeon has given you.** This may include special medication instructions, a special diet, prepping your bowels, or the need for additional testing.

## Your Medication Instructions

Take medications the morning of surgery, before coming to the hospital:

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Do not take medications the morning of surgery, before coming to the hospital:

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Stop the following supplements and/or vitamins one week before your surgery:

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### Patients with Diabetes:

Please check your blood sugar the morning of your surgery. If you have low blood sugar that morning, you may have clear juice (apple).

### SGLT-2 Inhibitors:

- Empagliflozin, Canagliflozin, Dapagliflozin, hold for 72 hours prior to your planned procedure.
- Ertugliflozin hold for 96 hours prior to your planned procedure.
- Last Dose: \_\_\_\_\_  
Failure to follow these instruction will result in your surgery being canceled.
- Insulin: Please contact the physician who manages your diabetes for specific instructions.

Please check your blood sugar the morning of your surgery. If you have low blood sugar that morning, you may have clear juice (apple).

Some medications may increase your chances of bleeding before or after surgery. You may need to stop them for a short time before surgery. Your surgeon and/or prescriber will determine what is best for you.

- For **anticoagulant** medications, contact your surgeon and/or prescriber for instructions. Your surgery might be canceled if you do not contact them and follow their specific instructions.

Aspirin	Coumadin/Warfarin
Eliquis/Apixaban	Pradaxa/Dabigatran
Plavix/Clopidogrel	Brilinta/Ticagrelor
Xarelto/Rivaroxaban	

- For **anti-inflammatory** medications (NSAIDS), please contact your surgeon for specific instructions.

Advil	Naprosyn	Celebrex
Aleve	Motrin	Meloxicam
Ibuprofen	Diclofenac	

- If you are having urology, cardiology, or neurosurgery, stop these anti-inflammatory medications 10 days before surgery.
- Call your surgeon for instruction regarding:

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## Open Heart Surgery Patients

- Nothing to eat or drink after midnight the night before your surgery.
- The morning of surgery, take no medications, except for: \_\_\_\_\_
- If you have diabetes:** Please check your blood sugar the morning of your surgery. If you have low blood sugar that morning, you may use glucose tabs or drink four ounces of clear juice (apple juice).

Take last dose of \_\_\_\_\_  
on \_\_\_\_\_

Take last dose of \_\_\_\_\_  
on \_\_\_\_\_

Take last dose of \_\_\_\_\_  
on \_\_\_\_\_

Take last dose of \_\_\_\_\_  
on \_\_\_\_\_

### Anti-Inflammatory and Pain Medications

- If you have been prescribed or regularly take anti-inflammatory medications (Advil, Aleve, Motrin, Ibuprofen, Naprosyn, Diclofenac, or Meloxicam), **stop 10 days before your surgery.** Tylenol is safe to take.

### Mega Vitamins (All Except Multivitamins)

- Stop mega-dose vitamins and supplements and/or fish oil (omega 3) two weeks before your surgery.

### TAVR or MitraClip™ Procedure

- The Structural Heart Program will call you to provide aspirin and anticoagulation medication instructions the Thursday or Friday prior to surgery.

## Enhanced Recovery After Surgery

- Please follow all additional instructions given to you by your surgeon including diet and medications. Call your surgeon's office if you have not received this information.
- During pre-admission testing, you may receive a clear carbohydrate drink with instructions to take the day of surgery.

## Prescriptions After Surgery

The Lifespan Pharmacy can fill and deliver any discharge medications. You do not have to stop at the pharmacy before going home. **This is an optional program, offered for your convenience.** If you are from out of state, we strongly recommend you use this service, as you may experience a delay when obtaining certain prescriptions out of state. Your standard prescription copay applies.

Please ask your nurse for more information or visit the website [www.lifespan.org/pharmacy](http://www.lifespan.org/pharmacy).

## MyLifespan: How do I enroll?

MyLifespan is the internet patient portal where you can see lab results, learn about medical conditions, be informed about upcoming appointments, and much more.

- You will receive an automatic activation code either during your Pre-Admission Testing appointment or during your hospital stay.
- To enroll, visit [www.lifespan.org](http://www.lifespan.org) and click the "MyLifespan" button, then click "Sign Up for MyLifespan."
- After you enroll, click "Log in to MyLifespan" anytime you wish to see your health information. If you are admitted to the hospital, you can use the MyChart app (IOS and Android) to log into your MyLifespan account and see your medical information while you are hospitalized.

**MyLifespan**  
Your secure on-line health records

## What to Expect Pre-Operatively After Arrival

Before your surgery you will be escorted to the pre-op department. You will change into a hospital gown, and your nurse will ensure your clothing and other belongings are safe while you are in surgery. A preop nurse will review your medical history and medication list. **Don't forget to bring a copy of your medications and the last time you took your medication.** An IV (intravenous) line will be started.

Your anesthesia provider will meet with you, review your medical history and talk with you about your anesthesia care during surgery.

Your surgeon will meet with you before your surgery, answer any questions you may have. In the presence of a nurse, your surgeon will mark the site where surgery will occur.

## Anesthesia

Our goal is to provide you the best possible experience on the day of your procedure. We are here to answer any questions or concerns you have and to make an anesthesia plan that is personalized to your specific needs. There are different types of anesthesia available based on the procedure you are having. Types include general anesthesia, monitored anesthesia care (sedation) and regional anesthesia. Below are brief descriptions and possible side effects for each anesthesia type.

### General Anesthesia

General anesthesia is the use of medicines to make a person "go to sleep" and be unconscious for a medical procedure. This often requires the use of a breathing tube connected to a ventilator to keep you safe during the procedure.

Common side effects may include:

- Nausea or vomiting
- A sore throat from the breathing tube
- Hoarseness
- Sleepiness or drowsiness
- Body aches
- Allergic reaction to medicines
- Dental injury

### Monitored Anesthesia Care

There are three levels of sedation:

- **Mild sedation:** At this level, you may feel awake and relaxed. You will be able to follow directions.
- **Moderate sedation:** At this level, you will be sleepy. You may not remember the procedure.
- **Deep sedation:** At this level, you will be asleep. You will not remember the procedure.

Common side effects may include:

- Nausea or vomiting
- Prolonged sleepiness or drowsiness
- Allergic reaction to medicine
- Trouble breathing (If this happens you may require general anesthesia)

### Regional Anesthesia

Regional anesthesia is a type of medicine that temporarily blocks feeling in one area of your body. Medication is injected near a nerve or a group of nerves and this will make that area of the body numb.

Common side effects may include:

- Pain
- Itching
- Headache
- Nerve damage
- Nausea
- Low blood pressure
- Allergic reaction to medicines
- Bleeding around the injection site



**Scan this QR code to watch our video to learn more**

## What Happens in the Operating Room

The operating room is staffed with nurses who ensure the safest and most sterile surgical environment is maintained. You will be transported to the operating room by a nurse and anesthesia provider.

In the operating room, the team will once again confirm your name, date of birth, and the surgical procedure to be performed. You will be closely monitored while you receive anesthesia and while the surgery is performed.

## What to Expect After Your Surgery

Your nurse will ensure that you wake up safely and remain comfortable after your surgery. If you are staying in the hospital for at least one night after your surgery, you will be transferred to your hospital room when it is available.

If you are being discharged the same day as your surgery, the recovery room nurse will review your discharge instructions with you, so you know how to care for yourself at home. Your discharge instructions may be reviewed with your contact person over the phone.

**Remember, if you are discharged the same day as your surgery, you will not be allowed to drive.**

## Lifespan Facilities are Tobacco Free

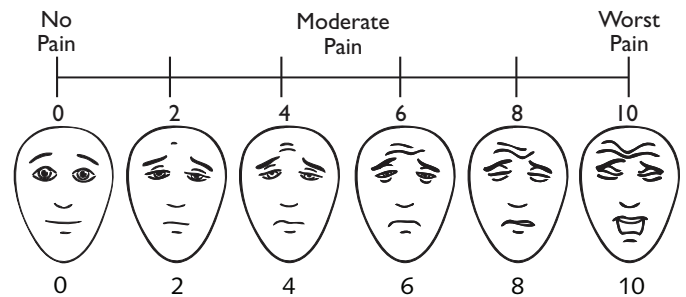
All Lifespan facilities are smoke and tobacco free because of the adverse effects of first and secondhand tobacco use. If you are scheduled to stay in the hospital after your hospital stay and are a smoker, you will not be permitted to use tobacco during your hospital stay. Your physician can order a nicotine replacement for you as you recover. Many smokers take this opportunity to make a plan to quit smoking. Please use one of the following resources or talk with your surgeon or primary care physician about your plan to quit.

1-800-879-8678 or visit [www.betobaccofree.gov](http://www.betobaccofree.gov)

## Pain Management After Surgery

We will do everything we can to help you control your pain.

**You will experience pain after surgery.** Controlling pain is an important step in your recovery. The nursing and physician staff will work to manage your pain throughout your stay. We will be asking you questions about your comfort level, your pain, any change in pain, your progress with recovery and activity, and how you are sleeping. This information will help your care team tailor your pain management plan.



This Faces Pain Scale-Revised has been reproduced with permission of the International Association for the Study of Pain® (IASP). The figure may not be reproduced for any other purpose without permission.

Able to sleep, participate in care, or complete therapy

Not able to sleep, participate in care, or complete therapy

**Benefits of good pain control.** Pain control and the ability to move will help you heal faster. Adequate pain control will allow you to participate in care. Your care team may try different amounts or types of medication, given at different time intervals, in order to manage your pain effectively.





**Controlling your pain.** Everyone feels and responds to pain differently. We will work with you to achieve optimal pain control so that you continue to do the things you need to do to recover. Let your nurse know if pain interferes with your ability to do these things.

**Non-medication methods** may control pain or discomfort.

- Changing position may reduce discomfort.
- Cold therapy often works well to control pain, itching, and muscle spasms.
- Relaxation techniques such as prayer and meditation may help relieve anxiety and tension.
- Distraction may reduce how much you notice your pain. Music is an example.
- Positive thinking: People who stay positive and hopeful often feel less pain or are less bothered by their pain.

## Preventing Infection after Surgery

A surgical site infection is an infection that occurs after surgery in the part of the body where surgery took place.

**You can help prevent surgical site infection.**

- Tell your doctor about medical problems you have.
- Do not shave near the surgical site prior to surgery. Special clippers will be used the day of surgery.
- Quit smoking.
- Wash with a special antibacterial soap as instructed before your surgery.
- Ask if you will get antibiotics before your surgery.
- Ensure your loved ones do not touch the surgical area.
- Ensure your family clean their hands before visiting you.

**Watch for signs and symptoms of infection, such as:**

- Increased redness and pain around the surgical area
- Cloudy, creamy, foul drainage from your surgical wound
- Fever greater than 101 for over 24 hours

**Contact your surgeon if any of these occur after your surgery.**

## Tips for Rapid Recovery After Surgery

### Coughing and Deep Breathing Exercises

Coughing is your body's way of naturally clearing out mucus. Pneumonia is a complication that may occur after surgery because during surgery you are unable to cough or deep breathe.

### Walking After Surgery

After surgery you are at a higher risk for developing a blood clot. This occurs because you are lying down during surgery.

- The nurse may give you a small dose of blood thinners after surgery.
- We may put stockings on your legs to help prevent swelling.
- You can do leg exercises after surgery and while in bed. Pointing and flexing your toes helps pump the blood back toward your heart while you are in bed.
- Getting out of bed and walking around as soon as possible will also help prevent blood clots. This is your body's natural defense against blood clots.

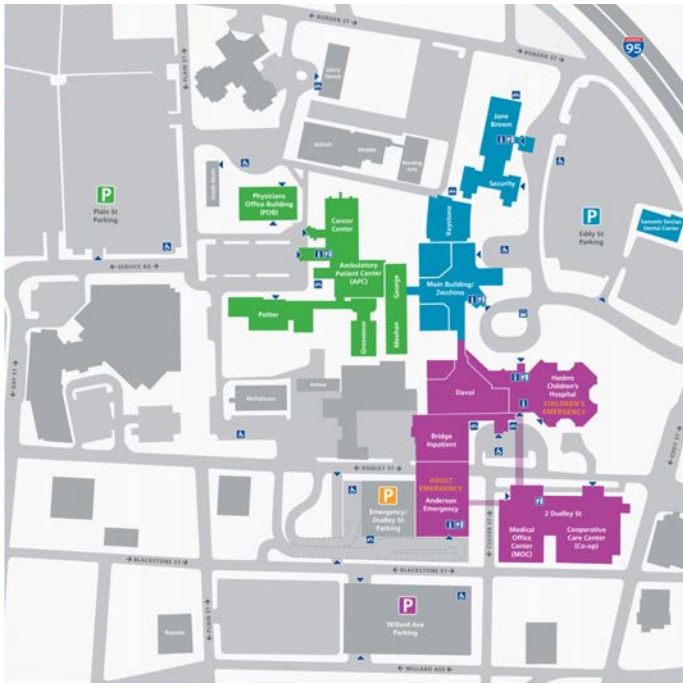
### Preventing Constipation

Constipation after surgery might occur for several reasons. Anesthesia and some pain medication often slow the bowels. Remaining in bed can also contribute to constipation.

There are several ways to prevent this:

- Beginning two days before surgery, eat lighter meals of easily digestible food. Remember, no food after midnight the night before your surgery!
- Tell your nurse if you usually have constipation or had it after a previous surgery. Tell the nurse what works for you at home to manage it.
- If your doctor says it is safe, drink plenty of fluids. This can help your bowels begin to work.
- Simply walking or moving from the bed to the chair uses your abdominal muscles and helps your bowels wake up. Do this as soon as it is safe.
- Eat easily digestible foods until you are back to your normal routine.

## Directions to Rhode Island Hospital



**From Points North:** Take I-95 South. Take the Eddy Street exit, which is right after the I-95 exit ramp (Exit 36B). Stay left till the end of the exit. Turn right at the light onto Eddy Street. Turn right onto Dudley Street.

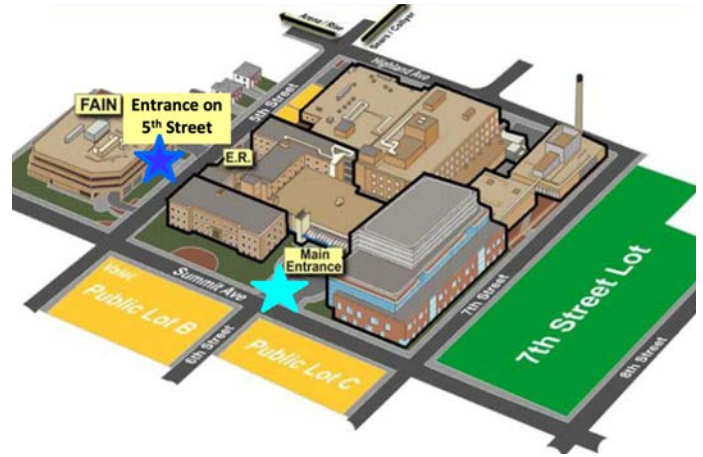
**From Points East:** Take I-195 South. Merge onto I-95 South. Take the Eddy Street exit (Exit 36B), Turn right onto Eddy Street. Turn left onto Dudley Street.

**From Points South:** Take I-95 North. Take the Point Street exit (Exit 36B). Turn right onto Point Street. Turn right onto Eddy Street. Turn right onto Dudley Street.

**For surgery in Davol or Hasbro:** Take second right. Enter through the Hasbro Main Entrance and follow signs for Adult Surgical Admitting.

**For Surgery in the ASC:** Turn left in front of the 2 Dudley Street. Enter building, turn left, and follow the hallway until you reach the ASC.

## Directions to The Miriam Hospital



**From Points South:** Take I-95 North to exit 39B (North Main Street). Take the right fork in the exit lane (before bus station). Turn left onto North Main Street. Turn right onto 5th Street.

**From Points East:** Take I-195 West to I-95 north. Immediately get into the left-hand lane and follow I-95 North to exit 39B. Follow instructions above for "From Points South."

**From Route 146 South:** Take Branch Avenue exit and bear left at the light. Follow Branch Avenue to North Main Street. Take left at light and follow North Main Street through two lights. After second light, take your second right onto 5th Street.

**From Points North:** Take I-95 South to Exit 39B (North Main Street). Take a left at the top of the exit (Smithfield Ave). At the second light, take a left onto North Main Street. Take an immediate right onto 7th street. Take a right onto Highland Ave. and then a left onto 5th Street.

**For the Main Building:** From 5th Street, turn left onto Summit Ave. then turn left into the main entrance (aqua star). For the Fain SurgiCenter: On 5th Street, the building is on your right, opposite Emergency. Turn into the Fain Health Centers entrance area (blue star). Both locations have complimentary valet parking.

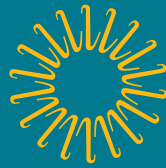
## Visitors

Visit [www.lifespan.org](http://www.lifespan.org) for the most up-to-date visiting hours and restrictions, as well as parking information.

## Questions?

Call 401-793-2960





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