



### Preoperative Teaching Sheet

#### Surgical Services

520 S. Eagle Road  
Meridian, ID 83642  
(208) 706-2177

#### Please fill out the Medical Information Sheet.

Have available for phone assessment and bring to surgery for your pre- surgery visit

1. Pre admission testing: Date: \_\_\_\_\_ Time: \_\_\_\_\_ (208) 706-2177

- All patients are invited. Call to make an appointment for a 1-hour visit with Registered Nurse who will complete your health history, preoperative teaching and diagnostic tests like EKG and labs. Patients who are age 65 years or greater or have medical problems involving heart, lung, kidney, liver, or diabetes need an appointment.

OR

2. Phone Assessment: Pre-register by calling (208) 493-0330 then call (208) 706-2177 for phone assessment

- 20 minutes over the phone with a registered nurse to complete your health history and pre-operative teaching.

**Do not register by mail** if you have a pre-surgery clinic visit or have registered by phone.

Surgery Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

Special Instructions \_\_\_\_\_

Nothing to Eat or Drink \_\_\_\_\_

Do not eat food, drink or smoke after midnight the evening prior to your surgery unless your Dr. instructs you otherwise.

- Always carry a list of your medications and dosage with you. Discuss all your medications with your surgeon. Your doctor will instruct you on which medications to take the day of surgery and which medications to stop (especially: blood thinners, anti-inflammatory or diabetic medications). Speak with your surgeon if you have questions about your medications.
- Bring inhalers, nebulizer medications and CPAP machine to surgery. If your surgeon instructed you to use equipment like crutches, splints, etc., bring them to surgery.
- Call your surgeon if you; become pregnant, develop a cold or flu symptoms, fevers or infections.
- Leave all valuables at home including all jewelry and piercings. Wear glasses-not contacts.
- **All minors must have a parent or legal guardian available.** They must remain in the hospital until discharge. Parents of children will be invited to the recovery room when the child has initially awakened.
- Your recovery period will vary depending on your surgery; it will be approximately 1-2 hours. When medically appropriate we will re-unite you with your family, either in the recovery room or we will direct your family to your hospital room.
- **You must have a driver to take you home.** We recommend that you have an adult stay with you for 24 hours after you are released from the hospital.
- Please call your doctor if you have problems or questions after surgery.

The above guidelines should be followed unless your surgeon instructs you otherwise.