



A Patient's Guide To
Surgery/Endoscopy

Day Before

- **You will receive a phone call between 3-5 PM, advising you of your arrival time to the Day Surgery Unit.** If you do not receive a call, please call 966-8315 to find out your arrival time.

Before Your Procedure

- For your safety, **do not eat, drink, or chew gum after midnight the day of your procedure.**

EXCEPTION: You may take **only a sip** of water with morning medications **as directed** by your surgeon and/or anesthesia provider. **You may also take your bowel prep as directed.**

- If you do eat or drink after midnight, your surgery may be canceled or delayed.
- Do not consume alcohol for 24 hours prior to any procedure.
- Avoid tobacco products or at least cut down 1-2 months ahead of surgical procedures. Smoking, nicotine patches, and nicotine gum interfere with wound healing and impair respiratory function.
- Do not smoke or use Nicotine products after midnight the day of your procedure. For help call the Alaska's Quit Line: 1-800-QUIT-NOW

Medications

- Your medication profile will be reviewed during your pre-op interview.
- Please tell the medical staff the medications you take and if you take **over the counter medicines, vitamins, herbal supplements, or even street drugs.**

Skin Prep

- Take a shower the night before and the morning of your procedure, with the soap provided by your surgeon.
- Do not attempt to shave the surgical site and surrounding areas.
- **Do not use makeup, nail polish or lipstick.**

Valuables/Attire

- Do not bring valuables such as wallet, money, credit cards, jewelry (including body piercings), and hair clips with you to the Day Surgery Unit. **We are not responsible for them.**
- Wear comfortable clothing.
- Do not wear contact lenses.

Escort

- **A responsible adult is required to accompany you and stay during your procedure.** And they are to ensure you are returned safely home after the procedure.
- Your procedure will be cancelled for failure to have an escort.



Procedure

- On the day of your procedure you will arrive at the Day Surgery Unit at your designated time.
- The Day Surgery staff will greet you, answer your questions and prepare you for surgery.
- Before your surgery, the surgeon will mark the area on your body to be operated on as appropriate. Make sure they mark only the correct part and nowhere else.
- When you are ready, you will then be taken to the Operating Room (OR).
- Your surgical team (consisting of your surgeon, nurse anesthetist, a surgical nurse and a surgical technician) will stay with you throughout the procedure.
- The length of time in the procedure will vary according to the procedure being performed and your individual circumstances.
- After your procedure, you will be transferred to the recovery room where you will be closely monitored at all times.
- Your escort will be kept informed when you are ready for discharge.

After Your Procedure

- Tell your doctor or nurse about your pain.
- Ask questions about medicines that are given to you
- Ask when you can resume activities like work, exercise and travel.
- **During the first 24 hours after your procedure, we recommend that you:**
 - **Start with liquids and soft bland food until you can tolerate your normal diet, unless otherwise instructed.**
 - **Do not drive a car, boat or operate heavy equipment.**
 - **Do not make important financial or legal decisions.**
- Plan to take it easy for a few days. You will be finishing recovery at home.
- If you have a **fever, chills, severe pain or any other concerns**, please contact:
 - YOUR PRIMARY CARE PROVIDER FIRST or
 - SEARHC MT EDGE CUMBE SURGERY CLINIC **907-966-8366** or
 - THE EMERGENCY ROOM