



METHODIST



Your guide to having surgery
at Methodist Health System.

PREPARING FOR SURGERY

Days or Weeks Before Surgery

- Eat a healthy diet.
- If you use tobacco products (cigarettes, cigars, chewing tobacco, e-cigarettes or vaping products) and/or recreational drugs, quit or cut down at least two weeks prior to surgery.
- If instructed, schedule a pre-op exam (history and physical) with your primary care provider (PCP) one to four weeks before your surgery. Some testing may be needed (i.e. blood and/or urine test, x-ray, electrocardiogram) before your surgery.
- You may receive an email, text or phone call from **Emmi Solutions** directing you to watch an education program(s) about your surgery/procedure. You will be given instructions on how to view your online program(s). For questions, contact the Emmi Solutions support team at (866) 294-3664 or by email at support@emmisolutions.com.

Medications

It is important to tell your surgeon about all prescribed medications, over-the-counter products, vitamins or herbal supplements you take.

Certain medications may need to be held or stopped before surgery. Inform your surgeon if you take:

- Blood thinning medication, such as aspirin, Plavix, Xarelto or Eliquis.
- SGLT2-inhibitor diabetic medications such as Ertugliflozin (Steglatro), Canagliflozin (Invokana), Capagliflozin (Farxiga) or Empagliflozin (Jardiance).
- Chronic amphetamine medications such as Adderall and Vyvanse.
- Weight loss medications such as Phentermine.

A member of your health care team will tell you which medications need to be held and for how long.

The Week Before Surgery

- A pre-surgery nurse will call you before your surgery date to review and update your medical information, medication list, provide instructions for the day of surgery, and answer any questions you may have.

The Night Before Surgery

- Do not drink any alcohol 24 hours before your surgery
- Do not use tobacco products eight hours before surgery or as directed by your doctor.
- **Do not eat or drink anything after midnight the night before surgery**, or as directed by your health care team. This includes water, mints and gum.
- **Shower the night before and the morning of surgery**, or as directed by your surgeon. Use the germ-killing soap (CHG) you were given or an antibacterial soap if allowed.
- Use half (1/2) of the bottle of CHG to wash your body to ensure you have enough to use for a shower in the morning.
- Wash your face and hair using your normal soap and shampoo.
- Pour the CHG onto a clean washcloth. Move away from the shower stream. Gently wash your body from your neck to your toes (Do not use CHG to wash your private parts). Let the soap sit on your skin for one to two minutes.
- Rinse well with warm water. Keep out of eyes, ears and mouth.
- Dry off with a clean towel.



- Do not apply lotion, powder or deodorant on your skin after you shower.
- Put on clean clothes and sleep on clean sheets.
- Do not let your pets sleep with you the night before surgery.

Day of Surgery

- Call your surgeon with any new symptoms of illness (fever, cold, or rash) before you head to the surgery center.
- Shower for a second time using the germ-killing soap (CHG) or antibacterial soap as instructed.
- Brush your teeth.
- Take medications as instructed with only a sip of water.
- Do not wear any makeup, nail polish, powder, lotion, deodorant, and jewelry or hair accessories to the hospital.
- Remove all body piercings.
- Leave all jewelry and valuables at home.
- Arrive at the hospital at the time you were told.
- Before surgery, you will sign a surgical consent form, as well as an anesthesia consent (if applicable).
- One or two adults may stay with you in the pre-operative area until you leave for surgery.
- After surgery, you will be taken to the Post Anesthesia Care Unit (PACU/recovery area).
- If you are going home the day of surgery, one to two adults may wait with you and should be present when the discharge instructions are reviewed.
- If you are moved to a hospital room, your family may join you there.



- **If you receive any sedation medication, you will not be allowed to drive.** Arrange to have a responsible adult drive you home. You will be asked to provide the name and phone number of the person who will be driving you home. You cannot go home in a taxi or ride sharing program (Uber, Lyft, etc.) by yourself.
- **For your safety, arrange to have a responsible adult stay with you the night of your surgery/procedure.**

What to Bring

- Government-issued ID, like a driver's license or passport.
- Health insurance card(s) and a form of payment toward services — if applicable.
- A list of your medications (including prescribed medications, vitamins, herbal supplements, and over-the-counter medications). Include the name, dose, and how often you take each medication.
- A parent or legal guardian if you are underage.
- Clothes and personal care items you may need if you stay overnight.
- Equipment used at home (sleep apnea machine/CPAP).
- Your eye drops and/or inhalers.
- Cases for your eyeglasses or contacts, dentures or hearing aids.
- Your completed advance medical directive, if you have one.

ABOUT YOUR SURGERY

Name of your surgery _____

Surgery date and time _____

Time you should check in at the hospital _____

Surgeon's Name _____ Office phone number _____

Person taking you home _____

Methodist Hospital

8303 Dodge St., Omaha, NE, Main Entrance (Valet parking is available)
(402) 354-5100

[Bestcare.org/Methodist-Hospital](https://www.bestcare.org/Methodist-Hospital)

Methodist Hospital Outpatient Surgery Center

8303 Dodge St., Omaha, NE, next to Methodist Estabrook Cancer Center
(Valet parking is available)
(402) 354-5100

[Bestcare.org/Methodist-Hospital](https://www.bestcare.org/Methodist-Hospital)

Methodist HealthWest Outpatient Surgery

16120 West Dodge Road, Omaha, NE, North Entrance, Lower Level
(402) 354-5100

[Bestcare.org/Healthwest](https://www.bestcare.org/Healthwest)

Methodist Women's Hospital

707 North 190th Plaza, Omaha, NE, Main Entrance
(402) 354-5100

[Bestcare.org/Womens-Hospital](https://www.bestcare.org/Womens-Hospital)

Methodist Jennie Edmundson Hospital

933 East Pierce St., Council Bluffs, IA, East Entrance
(712) 396-4219

[Bestcare.org/Jennie-Edmundson](https://www.bestcare.org/Jennie-Edmundson)

Methodist Fremont Health Hospital

450 East 23rd St., Fremont, NE, Main Entrance
(402) 727-3606 or (800) 677-3599

[Bestcare.org/Fremont](https://www.bestcare.org/Fremont)

Please call the day before your surgery.

You will be told what time to arrive for your surgery/procedure.

Methodist Fremont Health Surgery Center

840 East 29th St., Fremont, NE
(402) 941-7050

[Bestcare.org/Fremont](https://www.bestcare.org/Fremont)

**Thank you for choosing
Methodist!**

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