



STEPHEN MARANO, M.D. JAMES COOK PA-C

## ADMISSION INSTRUCTIONS FOR SURGERY

PATIENT NAME: \_\_\_\_\_

Your surgery is scheduled at:

- |  |  |
|--|--|
| <input type="checkbox"/> Eastern Idaho Regional Medical Center | <input type="checkbox"/> Mountain View Hospital  |
| <input type="checkbox"/> Bingham Memorial Hospital             | <input type="checkbox"/> Idaho Doctor's Hospital |

Please arrive at the above medical center approximately **2-2½ hours before the scheduled time**. Check in at the lobby. The medical center business office will be in contact with you to inquire about insurance coverage. A nurse will also contact you to make arrangements for you to pre-register and to have any required tests or evaluation done one to five days before the day of your procedure. If you know that you will be unavailable by telephone during the afternoon or prefer they do not call you, please contact the pre-admissions area at: **Eastern Idaho Regional Medical Center - (208) 529-7230, Mountain View Hospital - (208) 557-2761, Bingham Memorial Hospital - (208) 785-3830, or Idaho Doctor's Hospital - (208) 782-2900** to make arrangements.

Please remember to ***bring with you to the pre-admission area:***

- **Your bottles or a list of your current medications.**
- **List of known allergies.**

During your visit to the pre-admission area, a nurse and anesthesiologist will be available to discuss your procedure and answer any questions that you might have.

In order ***to prepare for surgery***, please remember the following:

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** on the morning of your surgery. You may receive medications before and during surgery that can cause nausea or vomiting. If you eat or drink after midnight, your surgery may be postponed or cancelled.
- **BEFORE TAKING REGULARLY SCHEDULED MEDICATIONS, CHECK WITH THE DOCTOR OR ANESTHESIOLOGIST.** If it is recommended that you take your medicine, take it with a sip of water the morning of surgery.
- **DO NOT SMOKE AFTER MIDNIGHT PRIOR TO YOUR SURGERY ...** or, better yet, quit altogether!
- **BATHE OR SHOWER EITHER THE NIGHT BEFORE OR THE MORNING OF SURGERY;** clean skin can help reduce infection.
- **DO NOT TAKE INSULIN THE MORNING OF SURGERY** unless directed by your doctor.
- **MAKE ARRANGEMENTS FOR SOMEONE TO DRIVE YOU HOME** after your discharge from the hospital.
- **CALL THE OFFICE IF THERE IS ANY CHANGE IN YOUR PHYSICAL CONDITION** such as; a cold, fever, etc. It may be necessary to change plans for your surgery.
- **ON THE DAY OF SURGERY:**
  - Leave valuable and personal items at home.
  - Bring any prescription medicines with you, or a list of them.
  - Wear comfortable clothes; the hospital will provide a gown.
  - Bring lens storage case if you wear contact lenses.