



Preparing For Your Surgery

Welcome to California Pacific Medical Center.

Please review this packet of information to help you prepare for your surgery and hospitalization. We want you to be involved in the decisions affecting your care. If you have family members, caregivers, or friends caring for you, please have them read this information.

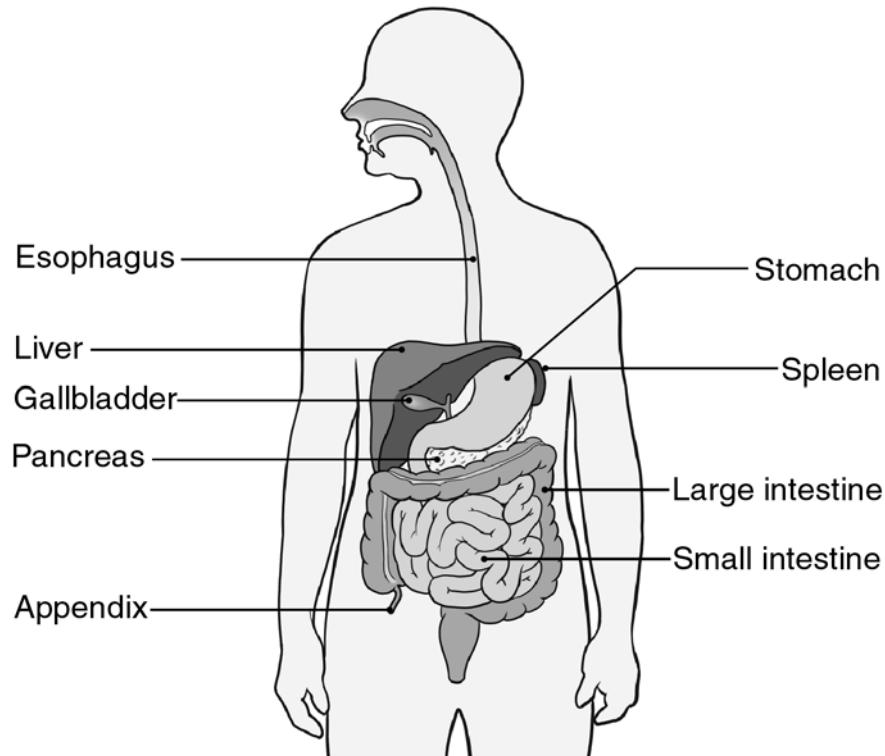
Each person has a unique health condition. If you have any questions, please ask the doctors and nurses caring for you.

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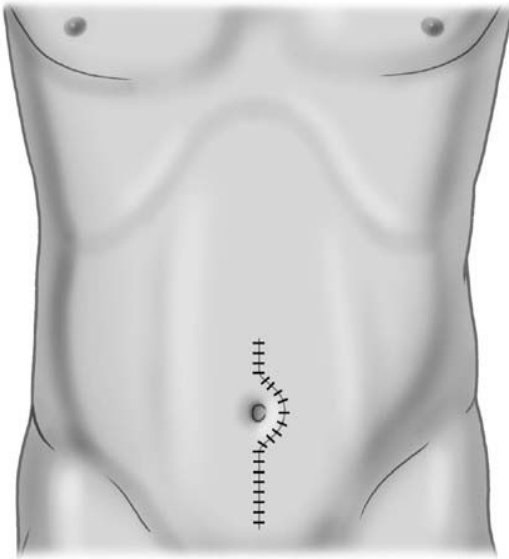
What is Abdominal Surgery?

Abdominal surgery involves a surgical operation on organs inside the abdomen (see Figure 1). This may include surgery on the stomach, gallbladder, small intestine, or large intestine (colon), liver, pancreas, spleen, esophagus, and appendix. Some reasons for abdominal surgery include infection, obstruction, tumors, or inflammatory bowel disease.



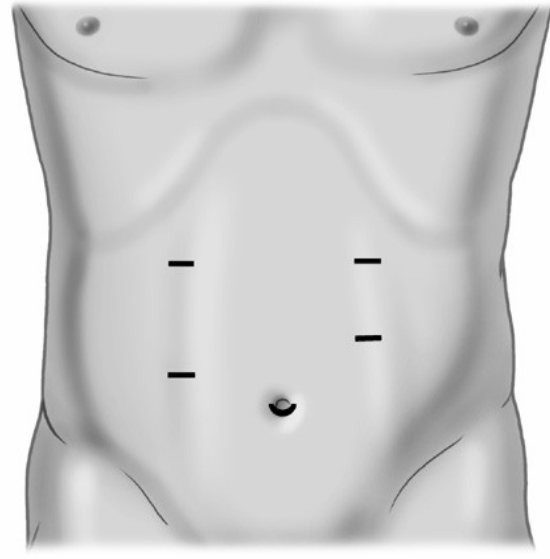
(Figure 1)

During open abdominal surgery, your surgeon operates through an open surgical incision which is closed with staples or sutures (see Figure 2 on the following page). During laparoscopic abdominal surgery, your surgeon operates through several tiny incisions using instruments placed through long, hollow tubes attached to a television camera (see Figure 3 on the following page). Laparoscopic surgery is not possible for all types of surgery. Your surgeon will decide which type of surgical procedure is best for your planned operation. Some laparoscopic operations may be converted to an open surgical incision if needed for technical reasons.



(Figure 2)

Open Incision
Closed with staples



(Figure 3)

Laparoscopic Port Sites
Location and number of
laparoscopic port sites may vary
according to procedure and surgeon

Preparing for Your Surgery

Use the following information to guide you as you plan for your operation.

- ✓ **Your surgeon's office will schedule your surgical procedure:** Your surgeon's office will schedule your surgery and notify you of the time and location.
- ✓ **Make an appointment with your primary care doctor:** You may need to make an appointment for a physical exam before your surgery. Discuss this with your surgeon's office staff. One week before your surgery is the ideal time for you to have your physical exam. However, physical exams up to one month before your surgery will be accepted. Your primary care doctor will make sure you are physically able to undergo surgery.

Preparing for Your Surgery *(continued)*

- ✓ **Pre-register for Surgery:** Pre-registration is a **two-step** process that is necessary for you to complete before having surgery at California Pacific Medical Center. Step one (1) involves registration of your insurance and personal information. Step two (2) involves speaking with a registered nurse (RN), who informs you of any necessary testing you may need before your surgery.
 1. **Pre-register online at www.cpmc.org/services/pre-reg.html.** Click “Register online” for the campus where your surgery is scheduled. Follow the online instructions to complete the Surgery Pre-Admission form. This will take about 10 – 15 minutes. Be sure to have your insurance information when you complete the online form. You may also call (415) 600-2500 to speak with a registrar.
 2. **Speak with a nurse by calling (415) 600-2500** no earlier than 2 weeks before your surgery. You may speak with a nurse at that time or schedule a phone appointment for a later time. Please have a current list of medications and supplements you are taking. The nurse informs you of any further testing you may need.

About Your Medications

- Ask your surgeon/primary doctor if and when you should stop taking any of your routine medications.
- Your surgeon or primary doctor may request that you bring all of your medications in the original containers to the hospital. **Note:** For patient safety, please give any and all medications from home to the nursing staff. Medication brought in from home will not be used during your stay in the hospital unless it is not available from the hospital pharmacy. Your medications will be returned to you when you are ready to go home.
- If you are taking any vitamins, herbal supplements, or over-the-counter medications, please discuss this with your surgeon and primary doctor and inform the nurse facilitator during pre-registration. Some of these medications also need to be stopped before surgery.
- Fill any new prescriptions, including pain medication, before you have your surgery.

About Your Medications *(continued)*

- **Review the list of your current medications with the nurse facilitator:**
 - **You will discuss the medications you may need to take the day of your surgery with a sip of water.**
 - **If you are taking blood-thinning medications** such as Aspirin, Coumadin (Warfarin), Plavix (Clopidogrel), **or** Non-Steroidal Anti-inflammatory medications such as Naprosyn (Naproxen), Advil (Ibuprofen), Motrin (Ibuprofen), ask your surgeon/primary doctor when you should stop taking these medications before your surgery.
 - **If you are taking medications for diabetes** such as Glucophage (Metformin), Micronase (Glyburide), or Glucotrol (Glipizide), ask your surgeon/primary doctor when you should stop taking these medications before your surgery. **If you are taking insulin for diabetes**, ask your surgeon/primary doctor about the dosage (amount) and type of insulin you should take, or whether NOT to take your insulin, prior to the surgery.

Other Suggestions to Help You Prepare

- **Eat a healthy diet.**
- **Take daily walks:** Take daily walks to improve strength and endurance before and after your surgery.
- **Quit smoking:** Talk with your primary care doctor about quitting smoking. The Community Health Resource Center, in the Lobby at 2100 Webster Street, has classes and support groups for people who want to quit smoking. Also, you may call 1-800-NO-BUTTS for information about smoking cessation.

Before Your Surgery

- Call your surgeon immediately for any changes in your health condition, such as a fever or cold, within 23 hours before your scheduled surgery. Be sure to tell your surgeon if you are pregnant.
- If you are having colon or rectal surgery, your surgeon will give you instructions for preoperative bowel preparation. Follow them carefully.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR SURGERY.** This includes water, coffee, Lifesavers®, and chewing gum unless otherwise indicated by your surgeon. If you have accidentally had something to eat or drink, please notify your surgeon.

Before Your Surgery *(continued)*

- It is a good idea to bring an old pair of glasses to the hospital to take into the operating room if you have very poor vision. Note: You will not be able to wear contact lenses in the operating room.
- You are strongly encouraged not to smoke or drink alcohol 24 hours before your surgery.
- Leave your valuables at home the day of surgery. Do not wear jewelry including rings and body piercings.

The Day of Surgery

Go Directly to the Specific Campus Where Your Surgery is Scheduled

Campus	Go to
Pacific Campus	Ambulatory Care Unit (ACU) 2351 Clay Street Stanford Building, 6th Floor
California Campus – East	3698 California Street 1st Stop: Registration – 1st floor 2nd Stop: Surgery – 3rd floor
California Campus – West	3700 California Street Ambulatory Surgery Unit on the 3rd floor
Davies Campus	Castro & Duboce Streets Admissions – Lobby Level, North Tower

- **Take only the medications that you were instructed to take by the surgeon/primary doctor or nurse facilitator – with a sip of water.**
- Arrive 2 hours before your scheduled surgery. This time is required by the staff to help prepare you for your surgery. Note: If you are scheduled for surgery at 7:00, 7:15, or 7:30 a.m., please arrive at 6:00 a.m.
- Most operations are performed on time (for example, within 30 minutes of the scheduled surgery). The staff will keep you well-informed of any delays.

Surgical Waiting Areas – For Your Convenience

During your surgery, your family and friends may wait in the designated Surgical Waiting Areas. Staff will direct your family and friends to the designated areas as well as keep them well-informed.

Planning Your Recovery

- After abdominal surgery, it is normal to feel weak and tired for several weeks after you return home. Because each person is unique, the speed of your recovery and your ability to return to normal activities will vary.
- Pain from the incision is normal. It will vary from day to day and with activity level. Gradually, your pain should decrease over time. Your surgeon will give you a prescription for pain medication when you are ready to leave the hospital.
- Plan ahead to simplify your meal preparation. Do your grocery shopping, and prepare and freeze several meals before you come to the hospital. Place cooking utensils that you use frequently within easy reach.
- Select books you would like to read or music you enjoy, and have them available during your recovery.
- Check with your surgeon about how long you can expect to be off work because of surgery. Arrange time off from work so that you do not feel rushed during your recovery.

More Ways to Learn

- **Visit the Community Health Resource Center:** Services include classes and written information on a wide variety of health topics.
2100 Webster Street, San Francisco
Telephone: (415) 923-3155
- **Visit the Health & Healing Library, a Planetree Affiliate:**
2040 Webster Street at Sacramento Street, San Francisco
Telephone: (415) 600-3681
Hours: 11:00 a.m. – 5:00 p.m., Monday through Friday
12:00 Noon – 5:00 p.m., Saturday
Ask about their Personalized Research Service. A fee will be charged for this service.

More Ways to Learn *(continued)*

- **Visit these Web sites:**
 1. Go to www.cpmc.org/learning
 2. **American College of Surgeons** at www.facs.org/patienteducation
 3. **National Institutes of Health** at www.health.nih.gov

Notes and Questions to Ask My Doctor

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Note: This information is not meant to replace any information or personal medical advice which you get directly from your doctor(s). If you have any questions about this information, such as the risks or benefits of the treatment listed, please ask your doctor(s).