



Welcome to California Pacific Medical Center.

Please read this 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 your doctors, nurses, and therapists caring for you.

Table of Contents

Preparing for Your Surgery	3
Understanding Your Medications	4
The Day Before Surgery.....	5
The Day of Surgery	5
Where Do I Go for My Surgery?	6
Map of the Pacific Campus	6
More Ways to Learn	7

Preparing for Your Surgery

- **Your surgeon's office schedules your surgery.**
- **Make an appointment with your primary (regular) doctor:** You need a physical exam a couple of weeks before your surgery. Your doctor will make sure you are healthy enough to have surgery.
- **Pre-registration** is a **two-step** process you must complete to have surgery at California Pacific Medical Center.

Step 1 Pre-register online: 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 takes 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 nurse who can register you.

Step 2 Speak with a nurse who tells you about tests you may need before your surgery. **Call (415) 600-2500 within 2 weeks of your surgery.** Please have a current list of medicines and supplements you take.

- **About Your Diet**
 - Eat heart-healthy foods.
 - Avoid salt and salty foods.
 - Take a multivitamin and mineral supplement to promote healing.
- **Planning Your Activity**
 - Follow your usual activities, as directed by your doctor.
 - Avoid tiring activity before your surgery and until you have fully recovered from your operation.
- **Quit Smoking**
 - Talk with your doctor about quitting smoking.
 - Call 1-800-NO-BUTTS for more information about smoking cessation.

Understanding Your Medications

- Ask your doctor about medicines you may need to stop taking before surgery.
- Your surgeon or primary doctor may ask you to bring all of your medicines in the original containers to the hospital. **Note:** Please give your medicines from home to your nurse. The medicine you bring from home is not used during your stay in the hospital unless it is not available from the hospital pharmacy. Your medicines will be returned to you when you are ready to go home.
- If you are taking any vitamins, herbal supplements, or over-the-counter medicines, please tell your surgeon/primary doctor and the nurse during pre-registration. Some of these medicines also need to be stopped before surgery.
- **Review the list of your current medications with the nurse:**
 - **If you are taking blood-thinning medications** such as 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 medicines before surgery. **Note:** In most cases, Plavix (Clopidogrel) should be stopped 1 week before surgery. Coumadin (Warfarin) is usually stopped at least 3 days before surgery, but you may need to take another kind of medicine. You do not need to stop taking Aspirin unless your cardiologist or surgeon tells you to stop it.
 - **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 medicines 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, before surgery.

The Day Before Surgery

- Call your surgeon immediately for any changes in your health condition such as fever or cold. Be sure to tell your surgeon if you are pregnant.
- **Nothing to eat or drink after midnight:** Do not eat or drink anything including coffee, water, hard candy, or gum after midnight the night before your surgery unless otherwise indicated by your surgeon. If you have had something to eat or drink, please notify your surgeon.
- You may eat your regular diet until the evening before your surgery. You should drink plenty of fluids until midnight to make sure that you are hydrated.
- **You are strongly encouraged not to smoke or drink alcohol 24 hours before your surgery.**
- Shower and shampoo with antibacterial solution the night before surgery or as instructed by your doctor.
- Gently apply Bactroban (Mupirocin) antibacterial nasal ointment inside both nasal passages the night before surgery.

The Day of Surgery

- Shower and shampoo with antibacterial solution the morning of surgery.
- Gently apply Bactroban (Mupirocin) antibacterial nasal ointment inside both nasal passages the morning of surgery.
- **Take heart and blood pressure medications before coming to the hospital with a small sip of water, as directed by your doctor or nurse.**
- **Arrive 2 hours before** your scheduled surgery. This time is required by the staff to help prepare you for your surgery.
- If you are scheduled for a 7:00, 7:15, or 7:30 a.m. surgery, please arrive at 6:00 a.m.
- Most surgeries are performed on time (for example: within 30 minutes of the scheduled surgery). The staff will keep you well informed of any delays.

Where Do I Go for my Surgery?

On the day of your surgery, go to:

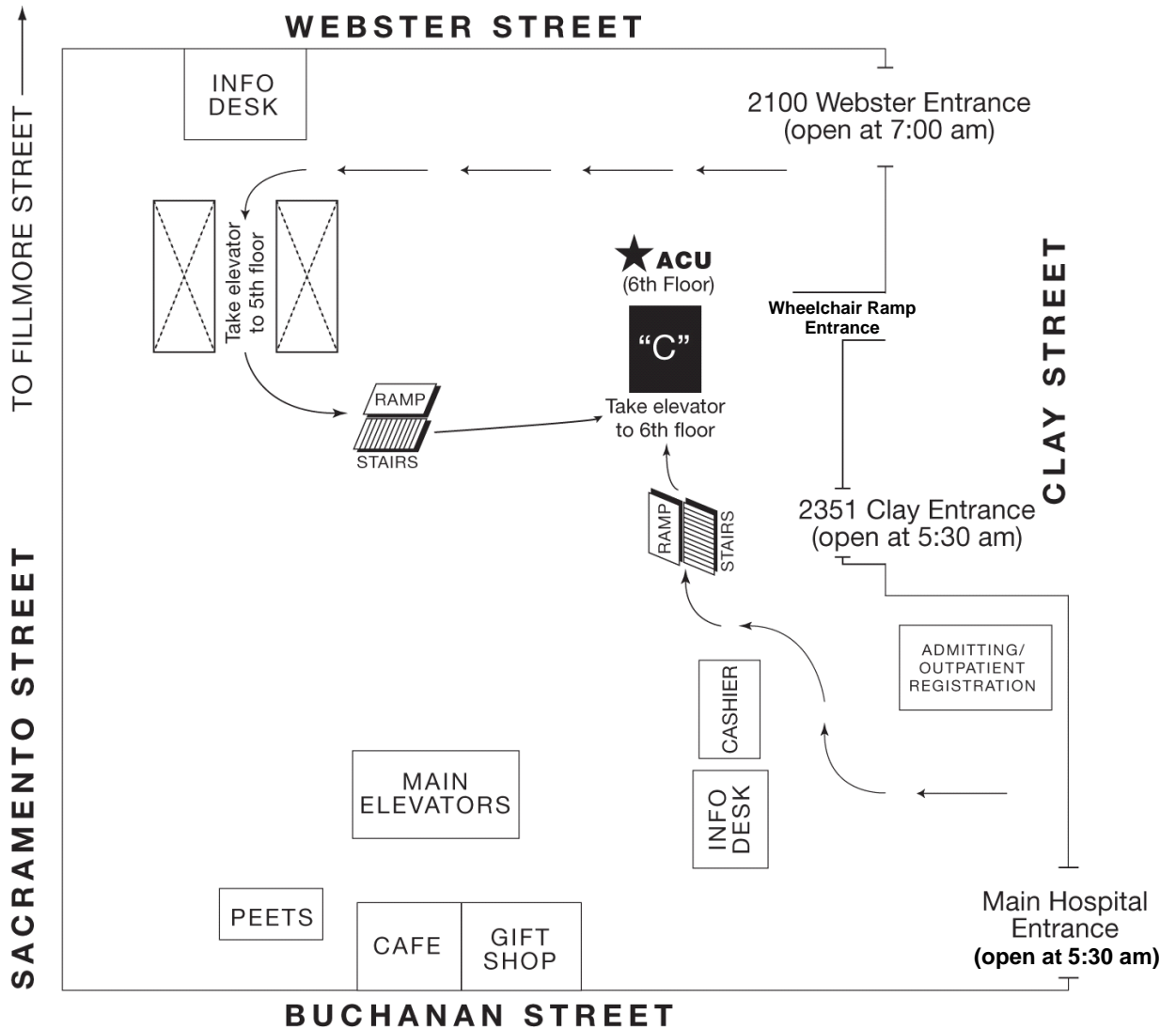
Ambulatory Care Unit (ACU)

2351 Clay Street

Stanford Building, 6th Floor

Telephone: (415) 600-3480

Map of Pacific Campus



More Ways to Learn

- Go to www.cpmc.org, click on [Learning About Your Health](#) and then [Patient Education](#), and choose from a variety of health topics.
- **Visit our Community Health Resource Center**
The Community Health Resource Center is located at 2100 Webster Street, San Francisco, (415) 923-3155. Services include classes, and written information on a wide variety of health topics.
- **Go to the Health & Healing Library, a Planetree Affiliate**
The Health & Healing Library is located at 2040 Webster Street at Sacramento Street, San Francisco.

Telephone: (415) 600-3681

Hours: 11:00 a.m. to 5:00 p.m., Monday through Friday

Notes & 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).