



General Pre-op Guidelines for Surgical Patients

Pre-Surgical Screening Services is provided by a team of Registered Nurses. Below are listed elements completed either by a telephone or in-person interview to ensure the most comprehensive prepared surgical patient in support of safety and quality patient care. The pre-surgical screening nurse role includes:

- Contact of the patient prior to surgery to complete a pre-operative health history
- Reinforce per-operative teaching and education
- Retrieval and review of pre-operative diagnostic test results as applicable
- Receipt and initiation of physician orders as appropriate

Nurses are available for pre-surgical screening **from 0800 to 1700. The number is 402-763-3451.**

The goal of Pre-surgical screening is to collect and retrieve data that will provide a safe environment for your patients. Any PRE-OP workup is essential we receive 24 to 48 hours prior to the procedure. This will provide PSS the opportunity to review the information and if needed contact any other healthcare personnel to include Anesthesia, OR, ordering physician. Please fax pre-op work up to Pre-Surgical Screening fax number **402-763-3092.**

To provide as positive experience for both physicians and patients listed below is a guideline that will facilitate with the provision of information required by the Bellevue Medical Center/Anesthesia Department/Surgery. Patients receiving MAC sedation will follow the Anesthesia Guidelines. General instructions to share with your surgical patients are as follows:

- NPO STATUS:
 - Nothing to eat or drink after midnight – no hard candies, cough drops or gum
- MEDICATIONS:
 - Medication reconciliation: Have patient bring their medication list. It should include medication name, dosage and should include nutritional supplements and herbal supplements.
 - AM Medications: The physician should review what medications the patient should take the morning of surgery.
 - If no instructions Pre-Surgical Screening will tell the patient to take cardiac, seizure, anti-rejection, anti-depressants, thyroid and proton-pump inhibitors.
 - Unless directed by physician; patients should avoid:
 - Aspirin
 - Plavix
 - Coumadin
 - NSAIDS – Advil, Motrin, Ibuprofen, Aleve, Naprosyn
 - Herbal supplements
 - Vitamins, fish oil, flaxseed oil, vitamin E
- HYGIENE:
 - Shower the night before or morning of procedure
 - Skin:
 - Wash with a good antibacterial soap/ antibacterial soaps provided by physician. No lotions, oils, deodorants, colognes, perfumes

- Surgical Site:
 - Patients are not to shave the surgical area. This will be done in the Pre-op area the day of the procedure
- Hair:
 - Wash and may use conditioner. No mousses, oils, gels, hairsprays
- Nails:
 - No colored FINGER nail polish. Clear polish, artificial nails without polish are okay. Toenail polish is okay unless directed otherwise by the physician.
- Face:
 - No make-up
- VALUABLES
 - Patients should be advised to leave all jewelry and other valuables at home or with family while back in surgery. Wedding rings, earrings, other piercings should be removed. This will decrease the risk of losing the items or any adverse reaction in surgery from other equipment such as Cautery.
- PATIENT OBSERVATION/ADMIT
 - Pack overnight bag with toiletry items to use after surgery, robe or slippers
 - In- patients: CPAP for sleep apnea have them bring CPAP mask and tubing
- EQUIPMENT:
 - Crutches, walkers should be left in the vehicle until after surgery.