

# Night before/day of surgery

- Your surgeon's office staff will tell you what time to arrive at the hospital
- Put clean sheets on your bed at home the night before surgery after six showers with CHG.
- Do not allow pets in the bed.

## CLEAR LIQUID DIET

**Do not eat any food within 8 hours of your surgery.** You may have clear liquids until **2 hours** before your arrival at the hospital. **Within 8 hours** of your surgery, follow these instructions. It is important to stay well-hydrated during your surgery preparation, so please drink plenty of the allowed clear liquids.

**You are allowed the following clear liquids up until 2 hours before your arrival at the hospital:**



Water	Sodas, teas, coffee (no cream)	Italian ices
Clear broth: beef or chicken	Gelatin (without fruit)	Juices without pulp: apple, white grape
Gatorade	Popsicles (without fruit or cream)	You may use salt, pepper and sugar.
Lemonade or Kool-Aid		

**Do not eat or drink the following within 8 hours of your surgery:**



Solid food of any kind	Tomato juice	Cream soups or any soup other than broth
Milk or cream	Orange juice	Alcoholic beverages
Milkshakes	Grapefruit juice	

## WHAT TO DRINK THE MORNING OF SURGERY

- You may have **CLEAR LIQUIDS** until **2 hours** before your arrival at the hospital.
- **APPROXIMATELY 2 HOURS BEFORE YOUR ARRIVAL AT THE HOSPITAL, DRINK UP TO 20 OUNCES OF GATORADE OR G2 (IF DIABETIC). FOR PEDIATRIC PATIENTS, DRINK UP TO 10 OUNCES OF GATORADE OR G2. THIS IS THE LAST CLEAR LIQUID YOU WILL DRINK.**
- Within **8 hours** of surgery, **DO NOT** eat any solid food, drink any thick liquids like milk or pulped juices, or add cream to any clear liquid drink (see list above).
- **DO NOT** eat mints, candy or chew gum.

**YOUR SURGERY MAY BE DELAYED OR CANCELED IF THESE GUIDELINES ARE NOT FOLLOWED.**

## MEDICATIONS - MORNING OF SURGERY

Take your morning medications with a sip of water before leaving for the hospital. Follow your surgeon's instructions on blood thinners.

- **ALLOWED:** Essential oral medications (examples: some medications for high blood pressure, seizures, reflux, thyroid) with a SMALL sip of water only.
- **NOT ALLOWED:** Diabetic medications, (ARB) Angiotensin II Receptor Blocker, ACE Inhibitor (Angiotensin Converting Enzyme Inhibitor), herbal medications. Check with your surgeon about your blood thinner.

**DO NOT take the following blood pressure medication on the morning of your procedure:**

### ARBs (Angiotensin II Receptor Blockers)

Generic Name	Brand Name
Candesartan	Atacand
Eprosartan	Teveten
Irbesartan	Avapro
Losartan	Cozaar
Olmesartan	Benicar
Telmisartan	Micardis
Valsartan	Diovan

### ACE inhibitors (Angiotensin Converting Enzymes)

Generic Name	Brand Name
Benazepril	Lotensin
Captopril	Capoten
Enalapril	Vasotec
Fosinopril	Monopril
Lisinopril	Prinivil, Zestril
Perindopril	Aceon
Quinapril	Accupril
Ramipril	Altace
Trandolapril	Mavik

## WHAT TO WEAR TO THE HOSPITAL

- If you have hearing aids or glasses, please wear them.
- Wear loose, comfortable clothing and comfortable shoes.
- DO NOT wear make-up, false eyelashes, jewelry (including piercings) or contact lenses.
- DO NOT bring money or valuables.

## SURGERY AND HOSPITAL STAY

Your surgery will take place at Huntsville Hospital's Orthopedic & Spine Tower, 200 Sivley Road, Huntsville, AL 35801. Please arrive at the time you were instructed by your surgeon's office.

Scan this QR Code on your mobile device for a map to get you to Huntsville Hospital from your location.



Don't have a mobile device? Visit [huntsvillehospital.org/locations/campus-map](https://huntsvillehospital.org/locations/campus-map)

Have your loved one bring you to the patient drop-off area in front of the Orthopedic & Spine Tower. One of our staff members will greet you and escort you to the Registration area. Your loved one and any other family members can park in the attached Visitor Garage on Sivley Road. During your surgery, your loved ones are welcome to use the Surgery Waiting area on the 2nd floor of the tower. Immediately after surgery, you will be taken to the Post Anesthesia Care Unit for a short time. As soon as you are settled in your patient room, your loved ones may join you.

### **Pre-op area**

The Pre-op area is where you will be prepared for surgery. Nurses in the Pre-op area will take your vital signs, ask you questions about your medical history, start your IV and shave/cleanse your surgery site with a special solution. If you are allergic to metal, betadine, iodine or any other medicine/food, please let the nurses know. You will remove your clothing and put on a hospital gown. Personal items including clothing, eyeglasses, etc., may be given to a family member until after your surgery.