

Pre-Op Instructions

- ❖ Nothing to eat or drink after midnight prior to surgery.
- ❖ Capital Medical Center will contact you the evening before your surgery date with your expected arrival time to the hospital the morning of surgery. If you haven't heard from the hospital by 6 pm, call 360.754.5858, extension 2751, for your arrival time. Do not call before 6 pm.
- ❖ On the morning of your surgery enter through the Emergency Room/Outpatient entrance.
- ❖ No Aspirin or Ibuprofen for one week or St. John's Wort for two weeks prior to surgery. You may use Tylenol.
- ❖ IMPORTANT INFORMATION ABOUT APPOINTMENTS. At your pre-op appointment you will *usually* schedule 3 appointments:
 1. With your doctor
 2. With the pre-op nurse
 3. To sign consent forms
- ❖ At your pre-op appointment you must bring ALL prescription medication and current doses.
- ❖ You will pre-register at Capital Medical Center before your surgery.
- ❖ If you are diabetic: DO NOT take your Insulin the morning of your surgery.
- ❖ If you normally take blood pressure medication in the morning: please take your medication on the morning of surgery with just a sip of water. (Evening blood pressure medication can be taken as usual.)
- ❖ Caesarean Sections: please call the hospital Labor and Delivery (754-5858 extension 2424) before leaving home the morning of your surgery to confirm they can still admit you.