How to Prepare for the Hospital: One Day Before Your Surgery

MedStar Washington Hospital Center

To Do List:

☐ Call the hospital between 3:00 and 4:00pm to find out what time you should arrive for your procedure: (202) 877-7465. If your procedure is on a Monday, call us the Friday before.

☐ Arrive at the hospital at 5am the day of your procedure if you’re not able to reach us

☐ Stop shaving-- this will help prevent infection

☐ Take a shower the night before your surgery with soap and water and the disinfecting soap, Chlorhexidine, we provided
  - Apply the Chlorhexidine from your neck to your toes, avoiding sensitive areas, and leave on for two minutes before rinsing it off

☐ Apply the ointment we give you, mupirocin, into each nostril the night before

☐ Have a bowel movement the day before surgery. If you need help having a bowel movement, use either a Dulcolax suppository or a Fleet enema (both of which are available at most drug stores or pharmacies). Repeat if necessary.

☐ Do not eat or drink anything after midnight

If you have any questions, refer to your Patient Education Guide or talk to your doctor

Visit: www.medstarhealthinfocus.org for more education about your surgery