How to Prepare for the Hospital: The Morning Of Your Surgery

To Do List

☐ Before going to the hospital, take a shower 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

☐ Don’t use any lotion, powder, perfume or deodorant after your shower

☐ Don't wear contact lenses

☐ Don’t wear jewelry, including watches and wedding rings

☐ Bring the storage container for your hearing aids, if you wear them and need them to communicate. That way, you can safely store them before you go into the operating room.

☐ If you have diabetes, don’t take your insulin or diabetes pills

☐ If your doctor told you to take other medicine before coming to the hospital, then take them with a small sip of water

☐ Leave money and all other valuables at home

☐ BRING: your insurance card(s), a photo ID and the blood transfusion paper (if you have one)

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