

Please review the white  
"Preadmission Evaluation  
Instructions" for your  
daystay surgery.

#### Prior to Surgery

- You cannot drive yourself home after your operation. If it necessary to take a taxi, you must be accompanied by a responsible adult friend or relative.
- Make arrangements for an adult friend or relative to drive you home **and spend the night with you** on the day of your operation, please have their telephone number with you.

#### After Surgery

- Your ride should be able to pick you up within 30 minutes of the time the nurse calls him/her.

#### Flu or Cold Symptoms

**If you have cold or flu symptoms prior to surgery, please call and notify your surgeon.**

Baystate  Medical Center

CHESTNUT SURGERY CENTER

Preadmission Evaluation Department

759 Chestnut Street, Springfield, MA 01199

413-794-1940

8 a.m.-4 p.m. | Monday-Friday



**Preoperative  
Instructions** for

**Adult Daystay  
Patients**



**Baystate  
Medical Center**

## The Day Before Surgery

1. After midnight, **do not drink, eat, or take anything by mouth.**

This includes:

- Gum • Mints/Lifesavers • Candy
- Applesauce • Cough drops

You may only have sips of water to take your medications.

2. Do not drink any alcoholic beverages and do not use any recreational drugs, including marijuana, for 48 hours before surgery.
3. Please refrain from smoking. Your surgeon can give you specific instructions on smoking cessation. Reminder: Baystate Medical Center is a smoke free environment.
4. You may brush your teeth without swallowing any water.
5. You will receive a reminder call in the afternoon or early evening the day before surgery. The preop nurse will review important information regarding your surgery.

If you have any questions, please call  
**413-794-1940, 8 a.m.-4 p.m.,**  
**Monday through Friday**  
or contact your surgeon's office.



## The Day of Surgery

- Please bring a photo ID, insurance card and co-payment if required.
- Visitors are not allowed to have food or beverages in the preoperative or postoperative/recovery rooms.
- For their safety, please leave small children at home.
- Wear comfortable, loose-fitting clothing.
- No cell phone use in pre-op area.

### Prior to Coming to the Hospital

#### MEDICATIONS

- Please bring an up-to-date list of all medications you take. Please include the name, dose, and how many times a day you take each medication.
- Please note the last date and time you took each medication.
- Bring inhalers with you.

#### ALLERGIES

- Please confirm your allergies with the nurse and notify the health care team of any new allergies.

#### EQUIPMENT

- Bring your CPAP machine.
- If you have a pacemaker/defibrillator please notify the preoperative nurse of the manufacturer (example: Medtronic).  
**Bring a copy of the manufacturer's card with you.**

#### OTHER

- *Leave valuables at home. Have your family bring your overnight bag once you are settled in your hospital room. The preoperative unit does not have a locked area and very limited space.*
- Do NOT wear perfume, cologne, lotions, oils or deodorants.
- Do NOT shave near your operative site prior to your surgery. *Shaving increases your risk for infection.*

#### PLEASE REMOVE THE FOLLOWING PRIOR TO ARRIVAL TO THE HOSPITAL:

1. Contact Lenses
2. All jewelry including wedding bands
3. All piercings (for example tongue ring)
4. Wigs/toupee (may be removed just prior to surgery)
5. All makeup
6. All nail polish including fingernails and toenail polish
7. Hair ties, clips and pins

8. You may be required to trim or shave your facial hair.
9. You can bring dentures, hearing aids, and eye glasses (case) – but you will be required to remove them prior to surgery.

### Arrival

#### **Being on time is important to your care.**

- Arrive at Baystate Medical Center Chestnut Surgery Center at the time indicated on your white Preadmission Evaluation Instructions. If you are late, your surgery could be delayed or canceled.
- Be sure to check in with the registration secretary, located on the ground floor. Your co-payment will be collected at that time.
- In preoperative unit you will be cared for by a preop registered nurse who will prepare you for surgery.
- You will be asked to remove all your clothing including undergarments and wear hospital attire.
- After the nurse has completed the admission process, two family members can stay with you until you go into the operating room.
- You will also meet with your anesthesiologist, operating room nurse and surgeon.
- If you wish, your surgeon will speak to your family after the surgery is complete.
- After surgery, you will be brought to the Post Anesthesia Care unit (recovery room) where they will closely monitor you.
- Before discharge you will receive instructions about what to do, what not to do, and how to care for yourself at home.
- You may need to fill prescriptions at a pharmacy before going home. Baystate Medical Center has a pharmacy in the Daly building.
- *If you have any pain, nausea or vomiting, please inform the nursing staff. They will use the pain scale from 0-10.*
  - 0= no pain
  - 10= severe pain