

Pre-operative Instructions for Spencer Hospital

The pre-admission nursing office will call patients with the time of surgery and all necessary instructions the day before surgery. We will also obtain from you a health history nursing assessment. This information a.m. to 5:30 p.m. You can reach us at 712-264-6487 or 1-800-862-9672 and ask for extension 6487. If you will not be available the day before surgery you can call us at your convenience. We would also be happy to visit with you in person about your surgical experience. You can call and set up an appointment or stop in at the hospital to register at the patient registration office and we will be happy to visit with you.

To help with pre-surgery questions, we have compiled the following information. More specific information about your surgery will be given during the pre-admission visit or phone call.

1. You can not eat or drink after midnight the night before surgery. You can not eat or drink anything the morning of surgery, not even water.
2. All patients will need a ride home after surgery. You can not drive for at least 24 hours after surgery.
3. If possible, we recommend that you have a responsible adult to stay with you for the first 24 hours after surgery.
4. A History and Physical exam from your family doctor is required for most surgeries at Spencer Hospital. This is to be completed within seven days before surgery. When you schedule your surgery with your surgeon, you will be told if you need a History and Physical and they can assist you in making these arrangements.
5. If you are taking prescription medications, you may be asked to take some of them at home before you come in for the surgery. You will be able to take the medications with just a little sip of water. You will be given these specific instructions during your visit with the pre-admissions nurse.
6. We ask that you do not bring any valuables with you when you come in for surgery (money, jewelry, etc.).
7. The pain scale at Spencer Hospital is 0 – 10, “0” being no pain; “10” being extreme pain. After your surgery we will ask you to describe your pain using this pain scale and you will be given pain medication accordingly.
8. Try to get adequate rest before surgery. Surgery is a stress on the body and your body will better be able to adapt if you are in the best physical health that is possible for you, and well rested. If your surgery is an elective surgery, begin making necessary preparations the week before so that you will not be overworked and over stressed the day before your surgery. Examples of such preparations include getting the house cleaned, making meals ahead, planning child care, etc.

Orthopedic and Podiatry Instructions

1. You may be given a scrub brush to scrub the surgical area. This is to be done the evening before or the morning of surgery. Use the sponge side of the brush only. Do not use the bristle side of the brush. Scrubbing too aggressively with the bristle brush can cause open skin areas on the surgical site.

2. Crutches, walkers, braces, immobilizers, and special shoes may be required after surgery. All braces, immobilizers, and shoes will be obtained at the hospital the day of surgery. Crutches can be purchased through Physical Therapy at the hospital or you can bring your own. Walkers can be purchased from the hospital through MediQuip, or you can bring your own. Crutches, canes, and walkers can sometimes be loaned out from local VFW's, American Legions, or similar medical equipment loan closets. Social workers are available also to help with locating needed items or with necessary equipment purchases. Your doctor will instruct you pre-operatively regarding necessary equipment that will be needed.

3. Spencer Hospital offers a Total Joint Class for patients having knee and hip joint replacements. The class is offered on the first and third Wednesday of every month from 1-3 p.m. All issues of joint replacement surgery are taught at the class, such as pre-op preparation, anesthesia, surgery, nutritional needs, physical and occupational therapy, nursing care in the hospital and necessary home care needs. Patients are welcome to bring family members and care givers to the class.

General Surgery and OB/GYN Surgery Instructions

1. All surgical skin preps will be done at the hospital.
2. Magnesium Citrate bowel prep is used for some procedures. You will be given specific instructions from your doctor if this is needed for your surgery.

Endoscopy Instructions – Colonoscopy and Esophagogastroduodenoscopy (EGD) inspection of the colon or esophagus and stomach with a flexible scope.

Colonoscopy prep instructions:

1. You must be on clear liquid diet the entire day before your colonoscopy is to be done. This diet consists of tea, coffee, pop (including dark colas), clear juices, Jell-O, popsicles, broth, and hard candy.
2. Golytely or Magnesium bowel prep is needed the day before the exam. These preps can be obtained from any pharmacy.

Golytely prep is a powder that is mixed with a gallon of water. You will also receive a prescription for one tablet called Reglan. The morning of your prep mix the powder in the furnished gallon jug and refrigerate it so it is cold when it is time to drink it.

At 4 p.m. take the Reglan which will help prevent a upset stomach from the Golytely. At 4:30 p.m. begin drinking the Golytely. Drink a glass about every 15 minutes. You need to drink this until your stools are clear liquid. This usually takes $\frac{3}{4}$ of the gallon jug.

No enemas are needed the day of the procedure with the Golytely prep.

Magnesium Citrate prep is a 10 ounce liquid laxative. You will also have 4 Biscodyl tablets to take with this prep. You do not need a prescription for this prep. Refrigerate the magnesium citrate. Take the 4 Biscodyl tablets at 2 p.m. and drink the entire bottle of magnesium citrate at 7 p.m.

At least one enema will be needed the day of the procedure with the magnesium citrate prep.

3. You can talk with your doctor to decide which prep you would like to use. Dialysis patients can not take the magnesium citrate prep.

Urology Surgery Instructions:

1. Surgical skin preps will be done at the hospital.
2. With some urology procedures there is a chance of going home with a catheter.
3. Kidney stone procedure (ESWL) requires the patient to take 4 Biscodyl laxative tablets at 4 p.m. the afternoon before the procedure and to be on a clear liquid diet starting at that time.

Clear liquid diet consists of tea, coffee, pop (including dark cola), clear juice, popsicles, broth and hard candy.

Ophthalmology surgery instructions:

1. Surgical skin prep will be done at the hospital.
2. Your doctor will give you a prescription for eye drops which you will use the day before the procedure. You will use one drop in the operative eye every 2 hours during the daytime. You will not need to do this during sleeping hours.

Ears, Nose and Throat surgery instructions:

1. Surgical skin preps are not needed.
2. A Pediatric Pre-op class is offered every Wednesday evening from 6:45 p.m. to 7 p.m. This class is for pediatric patients, and their families. We ask that you bring the insurance information for your child to the class. The patient registration office will complete the registration process for your child before the class begins. A 15 minute video is shown, and all issues of your child's surgery will be discussed such as anesthesia, surgery, recovery, pre-op preparation, and post-op home care instructions. A tour is also given of the SDS unit, the operating room, Recovery room, and family waiting area.
3. The day of surgery your child can bring their favorite blanket and stuffed toy that they can take to surgery. Your child will also be given a stuffed toy, compliments of Spencer Hospital.

Dental or Oral Surgery Instructions:

1. Surgical skin preps are not needed.
2. We suggest that you call your insurance company before the procedure to make sure that you have coverage for dental procedures. Medical insurance plans have very stringent guidelines as to what will be covered for dental procedures.

Types of anesthesia used at Spencer Hospital:

General Anesthesia – total unconscious state, possible placement of a tube in the windpipe – medications are injected through the blood stream or are inhaled into the lungs

Spinal or Epidural - Temporary loss of feeling and movement to the lower part of the body – medications injected through a needle or catheter placed directly into the spinal canal or immediately outside the spinal canal

Nerve Blocks – temporary loss of feeling and movement of a specific limb or area - medication injected near nerves providing loss of sensation to the surgical area

Intravenous Regional Anesthesia – Temporary loss of feeling and movement of a limb — medication injected into veins of arms or legs providing a loss of sensation to the surgical area

Monitored Anesthesia Care – sedation providing reduced anxiety and pain, partial or total amnesia - medication injected through the bloodstream, or inhaled into the lungs producing a semi-conscious state

Spencer Hospital Discharge Instructions:

1. All patients will need someone to drive them home.
2. Use pain medication as prescribed by your Doctor. You will do better if you stay ahead of the pain. We suggest getting up once during the night for the first few nights after surgery, to take your pain medication. When you sleep through the night for 6-8 hours you will sleep through the pain and the pain will be harder to control the next morning.
3. You may be sent home with other medications such as antibiotics. You will be given specific instructions about each medication that you are given.
4. Bathing and general hygiene instructions will be given. Showers are allowed, tub bathing usually is not. It is important to dry the incisional area very well after showering. Instructions will be given as to covering casts, and extremity dressings.
5. Dressing care – you will be given instructions on how to care for your surgical dressings and bandages. The most important thing is to keep them clean and dry. Instructions will be given on when you can take off the dressings or bandages. These instructions will vary depending on the doctor and the type of surgery.

6. Orthopedic surgery – you will be instructed to keep the operative extremity elevated and to use ice packs for the first 2 days post-op.

7. Return appointment to see your Doctor will be set up for you, or you will be instructed on making your own appointment.

8. Returning to work—your Doctor will give you instructions as to the amount of time you will need off from work. This will vary with the type of surgery that you have had, and with the type of work that you do. Most abdominal types of surgery require 4-6 weeks off from work. Minor orthopedic surgery may require 1 week off from work. Major orthopedic surgery may require 3-6 weeks off from work.

9. Take care of yourself. Your primary job after surgery is to rest and maintain proper nutrition so your body can begin and complete the healing process.

Things to watch for after surgery:

1. Elevated temperature
2. Redness, inflammation, or drainage from the incision
3. Pain that is not controlled by pain medication
4. Persistent nausea or vomiting

If you have any of the above, please call your doctor or if after hours call the Spencer Hospital Emergency Department at 246-6100