

NORTHWEST SPECIALTY HOSPITAL
PREOPERATIVE INSTRUCTIONS AND INFORMATION FOR PATIENTS

1. Nothing to eat or drink after midnight the evening before your procedure. The only exception is if you take blood pressure or heart medications. Please take them with just enough water to swallow them either the night before or morning of your surgery as you normally would. A nurse from the pre-op department of NWSH will call you the day before your procedure to give you detailed instructions regarding the balance of your medications.
2. **Important: You will need a responsible person to be with you at time of discharge and drive you home after your procedure.** You will be unable to drive for 24 hours. Your surgery will be cancelled if you do not have a ride. Taxi cab and medical transport drivers cannot assume liability for you at time of discharge. **We strongly encourage that you have someone at home who can check on you.**
3. The results of any blood testing or EKG that may be required needs to be received in our office at least five days prior to your procedure date.
4. Patients will need to call their insurance company to determine if their procedure needs pre-authorized or pre-certification prior to surgery.
5. A nurse from Northwest Specialty Hospital will attempt to call you 1-3 days before your procedure to indicate your confirmed time of arrival. If you do not hear from a nurse from NWSH by **3 pm** the day before your surgery, please call us at **(208) 262-2328** and leave a message including your **name and a phone number we can reach you at**. The time of arrival may differ from your physician's office estimated time. **Please follow the hospital's instruction on arrival time as we have the most current schedule for your doctor.**
6. All patients taking aspirin or any other blood thinning medication (e.g. Coumadin) should inform the physician and/or staff at least 7 days prior to surgery for instructions.
7. Your physician's office should have a post-operative visit scheduled for you. We will confirm this with you on discharge.
8. If biopsies are taken during your procedure, please allow three or four business days before calling the physician's office for results.
9. We will need a copy of your Power of Attorney, Living Will and Advanced Directives if you have such information. A copy of your driver's license or picture ID, insurance card and co-pays will be taken upon arrival.
10. If your physician has planned for you to stay the night, please bring in all medications you normally take in the original container. **Do not bring in sedatives or pain pills.**
11. Please wash with chlorhexidine shower soap provided by the doctor's office the night before and the morning of your surgery.
12. Please leave all jewelry and valuables at home.
13. Please wear loose, comfortable clothing the day of your procedure such as sweat suits or pajamas.

If you have any questions regarding your surgery time or these instructions, please contact Northwest Specialty Hospital Pre-op department at (208)262-2328.

ATTENTION!!

If you are taking any of the following medications, you will need to stop taking them at least 7 days prior to your surgery date. **THIS IS VERY IMPORTANT!** You may take Tylenol for pain if needed. If you have any questions or concerns regarding this matter, please contact our office.

GENERIC:

NAME BRANDS:

Aspirin	Advil, Aleve	Oruvail
Acetylsalicylic	Ansaids	Relafen
Diclofenac	Bufferin/Excedrin (check label)	Tolectin
Diflunisal	Cataflam	Toradol
Etodolac	Celebrex	Trilisate
Fenoprofen	Disalcid	Voltaren
Flurbiprofen	Dolobid	
Ibuprofen	Feldene	
Indomethacin	Indocin	
Ketoprofen	Lodine	
Ketorolac	Limbrel	
Meclofenamate	Meclomen	
Nabumetone	Mobic	
Naproxen	Motrin	
Oxaprozin	Nalfon	
Piroxicam	Naprilan	
Sodium Salicylate	Naprosyn	
Tolmetin	Orudis	

SUPPLEMENTS/HERBALS:

Ajoene	Ginseng
Birch Bark	Grapeseed
Cayenne	Milk Thistle
Cumin	Omega 3 Fatty Acid
Evening Primrose Oil	Onion Extract
Feverfew	St. John's Wort
Fish Oil	Turmeric
Garlic	Vitamin C
Ginger	Vitamin E
Ginkgo	

Inform your MD/Cardiologist of the following drugs that need to be stopped:

Aggrenox	Lovenox	Xarelto
Arixtra	Plavix	
Coumadin	Pradaxa	
Eliquis	Warfarin	

If you are taking medication and are not sure if it is an anti-inflammatory, call our office or your local pharmacy.



Preoperative Antibacterial Bathing Instructions

Thank you for choosing **Northwest Specialty Hospital** for your health care needs. Before surgery, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your skin is as free of germs as possible before surgery. You can reduce the number of germs on your skin by carefully washing before surgery. Following these instructions will help you be sure that your skin is clean before surgery. Please report any rashes, infections, open areas, or sores to your surgeon before your scheduled surgery for further instructions.

IMPORTANT: You will need to shower with a special soap called chlorhexidine gluconate (CHG) that is being provided to you. CHG* is not to be used by people allergic to chlorhexidine. If you are allergic to Chlorhexidine (Hibiclens) use LIQUID Dial brand Antibacterial soap for your shower/bath.

Instructions for showering :

Shower or bathe with CHG* two times before your surgery	
using 1/2 of the 4 oz. bottle for each shower:	Bring this sheet with you the day of
(1) the evening before your surgery <input type="checkbox"/> initial	surgery and initial in the boxes to
(2) the morning of your surgery <input type="checkbox"/> initial	left that shower was done.

- Do **not** shave the area of your body where your surgery will be performed.
- Start each shower or bath by washing your hair with your normal shampoo.
- Rinse your hair and body thoroughly after you wash your hair to remove the soap residue. Do **not** use conditioner or other leave-in styling agents.
- Then apply the antiseptic solution (CHG* soap) to a wet clean wash cloth and lather your entire body **only from the neck down**. Do **not** use CHG* near your **eyes** or **ears** to avoid permanent injury to those areas.
- Wash thoroughly, paying special attention to the area where your surgery will be performed.
- Turn water off to prevent rinsing the soap off too soon.
- Wash your body gently for five (5) minutes. Do **not** scrub your skin too hard.
- Do **not** wash with your regular soap after CHG* is used.
- Turn the water back on and rinse your body thoroughly.
- Pat yourself dry with a clean, soft towel.
- Do not use lotion, cream or powder.
- Dress in clean clothes and use clean bedding following your antiseptic shower.