



Instructions Before Your Surgery

Your surgery is scheduled for: _____

You'll get anesthesia (medication to make you sleep) during your surgery. That's why it's very important to follow these instructions. **If you take the wrong medication or eat or drink too close to your surgery, it will be delayed or cancelled.**

Talk with your healthcare provider about all the medications you're taking, including prescription and over-the-counter medications, patches, and creams. For more information about taking medications before surgery, read our resources *Common Medications Containing Aspirin, Other Nonsteroidal Anti-inflammatory Drugs (NSAIDs), or Vitamin E* (www.mskcc.org/pe/common_meds) and *Herbal Remedies and Cancer Treatment* (www.mskcc.org/pe/herbal_remedies).

7 days before your surgery, on _____

- If you take aspirin or a medication that contains aspirin, you may need to change your dose or stop taking it. Aspirin can cause bleeding. Follow your healthcare provider's instructions. **Don't stop taking aspirin unless they tell you to.**
- Stop taking vitamin E, multivitamins, herbal remedies, and other dietary supplements. These things can cause bleeding.

2 days before your surgery, on _____

- Stop taking nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil[®], Motrin[®]) and naproxen (Aleve[®]). These medications can cause bleeding.

1 day before your surgery, on _____

- A staff member from the Admitting Office will call you between 2:00 PM and 7:00 PM. They'll tell you what time to arrive at the hospital for your surgery. If your surgery is scheduled for a Monday, they'll call you on the Friday before. If you don't get a call by 7:00 PM, call 212-639-5014.



Do not eat anything after midnight the night before your surgery.
This includes hard candy and gum.

The morning of your surgery, on _____

- If your healthcare provider gave you a ClearFast preop[®] drink, finish it 2 hours before your scheduled arrival time. Do not drink anything else, including water.
- If your healthcare provider didn't give you a ClearFast PreOp drink, you can drink a total of 12 ounces of water between midnight and 2 hours before your scheduled arrival time. Do not drink anything else.

- Take these medications:

- Stop taking these medications according to your healthcare provider's instructions:



Do not drink anything starting 2 hours before your scheduled arrival time.
This includes ClearFast and water.

Contact Information

If you have questions or concerns about your medication instructions, talk with a member of the Presurgical Testing (PST) team. You can reach them Monday through Friday from 8:00 AM to 5:00 PM at 212-610-0488.

After 5:00 PM, during the weekend, and on holidays, contact your healthcare provider's office. If you aren't sure how to reach them, call 212-639-2000.

The nurse practitioner (NP) you saw today was: _____