Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Your Surgery at MSK Monmouth

This information describes what you can expect before and after your surgery at MSK Monmouth.

Read this before your surgery. Refer to it on the day of your surgery so you know what to do and what to expect. Remember to also review the educational resources your nurse gave you.

About MSK Monmouth

MSK Monmouth is an ambulatory care and surgery center. Your care there will be tailored to you and your type of surgery. We will talk with you to let you know what to expect at each step.

You can learn more about MSK Monmouth by visiting msk.org/monmouth. If you have general questions about MSK, such as health insurance topics, visit msk.org.



We sometimes update our visitor policy to keep our patients and staff safe and healthy. Go to www.msk.org/visit for the most up-to-date information.

Before your surgery

Your care team will give you instructions for how to get ready for your surgery. It's very important to follow their instructions. If you do not follow them, your surgery or procedure may be rescheduled.

Read *Getting Ready for Surgery* (www.mskcc.org/pe/getting-ready-surgery) to learn what to do before your surgery.

Ask about fasting (no food or drink)

You may get sedation or anesthesia (medicine to make you sleep) for your surgery. If so, **you must not eat or drink starting at a certain time before your surgery**. Read *Getting Ready for Surgery* (www.mskcc.org/pe/getting-ready-surgery) to learn more.

If you take a GLP-1 medicine, you must follow special eating and drinking instructions before your surgery. You will follow a clear liquid diet for at least 24 hours (1 day) before your surgery. Your care team will tell you what to do. Read *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.mskcc.org/pe/eat-drink-glp1) to learn more.

Follow your healthcare provider's instructions for when to stop eating and drinking before your surgery.

Ask about your medicines

Talk with your healthcare provider about all the medicines you're taking, including prescription and over-the-counter medicines, patches, and creams.

You may need to stop taking certain medicines before your surgery. Other medicines are important to take on schedule, even during your treatment. Some medicines, such as GLP-1 medicines, can change how early you need to stop eating and drinking before your surgery.

Follow your healthcare provider's instructions for how to take your medicines before your surgery.

The day of your surgery

If your care team gave you instructions for eating and drinking before your surgery, it's very important to follow them. If you eat or drink too close to your surgery, it will be canceled and rescheduled.

What to bring

- Your prescription card, if you want to have your prescriptions filled at MSK Monmouth.

Where to go

MSK Monmouth's address is:

480 Red Hill Rd
Middletown, NJ 07748

Follow the signs for the Lower Concourse when you enter the parking lot.

Parking is free. We also offer free valet parking on the Concourse level.

Check-in

- Go through the Lower Concourse entrance. You will be directed to the surgical check-in area on the **2nd floor**.
- We will ask for your care partner's name and contact information.

Your care partner

Your care partner is the person who will be with you when you leave the recovery room after surgery. If you have an appointment right after your surgery, they must go with you to that appointment. If you do not have an appointment, they will take you home after surgery.

Your care partner must wait for you at MSK Monmouth during your surgery, unless your nurse tells you otherwise.

MSK Monmouth has a waiting area. No food or drink is allowed in the waiting

room. Your care partner also can wait in the café or in our open atrium area.

Your care partner can join you once you're in the recovery room. Your presurgical nurse can estimate what time you may be ready to go home.

What to expect in the presurgical center

- After your check-in, a member of your care team will bring you into the presurgical center.
- You will meet with your care team. They will review your medical history and answer any questions you have.
- Your nurse will bring you to the operating room when it's time for your surgery.

After your surgery

At MSK Monmouth

A member of your care team will take you to your private recovery room. When you're awake, your nurse will help you get ready to go home. They will:

- Encourage you to walk.
- Give you something to eat and drink.
- Review your discharge instructions with you.
- Answer any questions you may have.

You can then go home or to your next appointment with your care partner. If your care team feels you need to stay overnight, you will be taken to a Meridian Health facility.

At home

A member of your care team will call you 1 business day after your surgery. If your surgery was on a Friday, they'll call you the Monday after. They'll ask how you're feeling and answer any questions you have.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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