Pre-operative Instructions for Your Gynecological Surgery

The following guidelines will help prepare you for your surgery and avoid delays or possible cancellations:

1. Do not wear any makeup or fingernail polish.
2. Do not bring jewelry, money or valuables.
3. Do not drink any alcohol for 24 hours before your surgery.
4. No solid food, liquid or gum after midnight the night before your surgery.
5. Wear loose-fitting, comfortable clothing such as a jogging suit.
6. Bring any medications you are taking (or a list of the medications you are taking) with you.
7. Arrange for someone to drive you home and spend the first night after surgery with you.
8. Do not bring a gown, robe or slippers for outpatient surgery, as these will be provided for you.
9. Do not wear contact lenses. Wear glasses if needed.
10. A consent form must be signed before the surgical procedure begins. For patients under 18 years of age, a parent or guardian must be present to sign the form.
11. The patient is responsible for informing staff of any pertinent information, including change in medication.
12. Do not take any aspirin, Advil, Motrin, ibuprofen or similar medication for one week prior to surgery unless directed by your physician.
13. The following medications should not be taken the morning of surgery unless specified by your physician: oral diabetic medication, Coumadin or insulin. Usually 1/2 of the insulin dose is given.