

**Pre-surgery Instructions – UCHealth Broomfield Hospital**

**Surgeon ­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Surgery Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pre-Procedure Services**

Depending on the procedure you are scheduling for, a nurse or scheduler from Pre-Procedure Services (PPS) **MAY** call you to set up a pre-surgery assessment visit. Based on your health history, you may be set up for a clinic visit with a Nurse Practitioner or have an evaluation done over the phone by a registered nurse. Some pre-operative labs and an EKG may also be ordered before your surgery (always done for a total joint replacement). Pre-op instructions will be covered at this visit (or during this call).

**Time of surgery**

You should receive a call from a nurse at Broomfield Hospital (BFH) a few days prior to your surgery regarding your arrival time and your pre-op instructions. If you have not received a call from BFH regarding your pre-op instructions by the day before your surgery, please reach out to Carmen at: 303-464-4549. For questions the day before surgery after 4pm OR on day of surgery before 8am, please call – 303-464-4546.

**Where to report**

*11820 Destination Drive, Broomfield, CO 80023*

On the day of your procedure or surgery, enter the UCHealth Broomfield Hospital at the Outpatient Surgery entrance – located around the far side of the hospital loop at the flagpoles. Check in at the desk. \*If your surgery **arrival is** **before 8am**, please check in at the main hospital entrance with the Emergency Department/Security.

**DAY OF SURGERY**

* **DO NOT** eat or drink after midnight the night before your surgery (unless otherwise directed). Do not chew gum or suck on mints/hard candy. Do not drink any water. If you do not follow fasting guidelines, surgery will be postponed or cancelled.
* If you regularly take medications in the morning, you may be instructed to take your medications with a small “sip” of water. If you are diabetic or on insulin, special orders will be given. Stop any non-essential pills such as over-the-counter type medications, one week prior to surgery. Keep all medication “patches” on – such as pain patches.
* **DO NOT** smoke, chew tobacco or drink alcohol 24 hours before surgery. Do not use e-cigarettes, cannabis vapor gas, marijuana products or recreational drugs 24 hours before surgery.
* Take a shower the morning of surgery. If having a total joint surgery, please follow the instructions for Anti-bacterial soap use prior to surgery. Brush teeth, swish and spit.
* **DO NOT** shave or have any hair removal at the site of your surgery for three days before scheduled surgery.
* We encourage the use of clean towels and clean clothing after each shower. Plan to have clean sheets on your bed when you return home from the hospital.
* **DO NOT** wear make-up (especially eye make-up or lipstick), perfume or lotions – especially on your face or the surgical site.
* **DO NOT** wear jewelry (including wedding rings) and remove all body piercings. Make arrangement for all body jewelry that requires a device for removal.
* No contact lenses on the day of surgery, please wear glasses instead. Glasses, hearing aids and dentures will be removed prior to surgery and returned as soon as you wake.
* Wear clean, loose fitting clothing that will be comfortable and easy for you to put on following your procedure.
* If you have a CPAP machine, please bring your mask to the surgery center with you.
* Bring any special items such as: crutches, boot, knee brace or sling if they have already been given to you.
* Notify your surgeon as soon as possible if there is any change in your physical condition, including but not limited to cold/flu, chest congestion, productive cough, infection or infected tooth.
* Even if you may be having this surgery or procedure as an outpatient, it may become necessary to be admitted to the hospital overnight, instead of going home. If you have packed a suitcase, please leave it in the car until you have a room assignment. The room number will be given to your family after surgery.
* There is **NO** outpatient pharmacy at the UCHealth Broomfield Hospital – any prescriptions from your physician for post-operative care/pain will most likely need to be dropped off at your pharmacy, following surgery. Please plan accordingly so that your pain can be managed following surgery.
* **For patients being discharged on the day of the procedure, you must have a responsible family member or friend to take you home and stay with you overnight.** Arrange for a ride in advance; Uber, Lyft and Taxis will not accept you following surgery.
  + Driving a car, operating heavy machinery or appliances, making major decisions, using alcohol and marijuana should be avoided for 24 hours after having anesthesia.
  + The parent or guardian of a child or special needs patient must stay with them at all times in the hospital and for 24 hours after the procedure. We encourage you to bring another adult to help during the drive home. DO NOT bring other children.
* Please bring your insurance card and a photo ID. Bring your pharmacy card, if you have one. Please bring a method of payment for your copay and/or prescriptions. If you have concerns about your insurance or copay, please call Insurance Verification at 720-848-7891 (between 10am and 4pm) 1 to 2 business days before your surgery