

Pre-Surgical Checklist for Adults

BEFORE YOUR SURGERY (WEEKS AHEAD)

- ☐ Complete any pre-admission tests ordered (blood work, X-rays, EKG, etc.)
- ☐ Verify insurance coverage and check if pre-authorization is required
- ☐ If you have advance directives, prepare and provide a copy of these documents and bring them with you to the hospital
- ☐ Discuss your health history with your surgeon. Be sure to also include:
 - Current medications and supplements/vitamins
 - Allergies
 - Prior experience with anesthesia
- ☐ Get healthy by staying active and eating a balanced diet. Stop smoking, vaping, and any other substance use, and get plenty of sleep
- ☐ Notify your care team if you develop:
 - Fever, cough, or breathing issues
 - Vomiting and diarrhea
 - Any new illness or infection

QUESTIONS TO ASK YOUR MEDICAL TEAM

- ☐ What training, experience, and outcomes does your surgeon have with this procedure?
- ☐ Does the facility have emergency equipment and procedures in place?
- ☐ Who will be providing anesthesia or sedation?

BEFORE YOUR SURGERY (DAY BEFORE)

- ☐ Do not drink alcohol or use recreational drugs
- ☐ Do not smoke or vape
- ☐ Follow eating and drinking instructions (typically nothing — including gum, candy, or mints — after midnight)
- ☐ Take/skip medications as directed by your surgeon
- ☐ Get a good night's sleep

DAY OF SURGERY

- ☐ Do not eat, drink, chew gum, or use mints. Your provider will give you specific instructions about eating and drinking before surgery that will need to be followed
- ☐ Take only the medications your surgeon approved
- ☐ Bring a responsible adult to drive you home
- ☐ Wear comfortable, loose-fitting clothing
- ☐ Leave jewelry and valuables at home

WHAT TO BRING WITH YOU

- ☐ List of all allergies (food, latex, medications, environmental)
- ☐ Information about previous surgeries
- ☐ Pacemaker information (if applicable)
- ☐ Insurance card and ID
- ☐ Copy of your advance directive
- ☐ Your inhaler (if you use one)
- ☐ Your CPAP/BiPAP machine and mask (if you use one)