

<p align="center"><u>Pre-Admit Visit</u> 7+ days before Surgery</p>	<p align="center">Day of Surgery</p>	
<ul style="list-style-type: none"> <input type="checkbox"/> Go to pre-admit clinic visit, labs if needed <input type="checkbox"/> Pick up IMPACT Advanced Recovery shakes at Pre-Admit <input type="checkbox"/> Pick up CHG wipes and instructions to use the night before surgery <input type="checkbox"/> Receive instructions for eating, drinking & medications to take/stop prior to surgery 	<p align="center"><u>Day of Surgery</u> Before you leave home:</p>	<p align="center"><u>Day of Surgery</u> When you wake up from surgery:</p>
<p align="center"><u>At Home</u> 6 days before Surgery</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Stay well hydrated by continuing to drink clear liquids until 4 hours prior to surgery. <input type="checkbox"/> 2 hours prior to check-in drink the 2nd bottle of ClearFast. <input type="checkbox"/> Remember to bring an Identification card & Insurance card <input type="checkbox"/> Have a family member or friend hold onto expensive or important valuables for safe keeping 	<p>Things to know:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will wake up in the recovery room. <input type="checkbox"/> You will have an IV in your arm to give you fluids during your stay, until you can hold down around 300+mL of liquids/8 hrs <input type="checkbox"/> You may have compression devices (SCDs) on your legs to reduce your risk for blood clots <input type="checkbox"/> A Nurse will give you scheduled oral medicines to reduce pain once you can hold things down. <input type="checkbox"/> You will have a catheter (tube) in your bladder to remove urine. We will get this out as soon as appropriate. <input type="checkbox"/> You will be moved to a bed in a hospital unit where your loved ones can visit you.
<ul style="list-style-type: none"> <input type="checkbox"/> Drink your Impact Advanced Recovery drink 3 times a day for 5 days (5th day is the day before Surgery) 	<p align="center"><u>Day of Surgery</u> When you arrive at the hospital:</p>	
<p align="center"><u>At Home</u> The Day before Surgery</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Check in at Surgery Registration at your assigned arrival time <input type="checkbox"/> A nurse will call you to come to the Pre-Op area to be prepped <input type="checkbox"/> A nurse will help you to perform another CHG wipe application prior to surgery <input type="checkbox"/> An IV will be placed in your arm to give you fluids and antibiotics <input type="checkbox"/> You will be given a heating gown to keep you warm during & after surgery <input type="checkbox"/> The OR Team will take you to the operating room when you are ready 	
<ul style="list-style-type: none"> <input type="checkbox"/> Take any Pre-surgery medications you received, as instructed <input type="checkbox"/> Take a shower with regular soap and water <input type="checkbox"/> Apply the CHG wipes and allow the areas to dry completely. Do not wash off. Video instructions at http://www.multicare.org/prepare-for-surgery/ <input type="checkbox"/> Follow the fasting guidelines given to you at the pre-admit clinic visit <input type="checkbox"/> At 8pm the night before surgery drink the 1st bottle of ClearFast 	<p>Your nurse will help you:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get out of bed and begin to walk, this will help you to heal faster. <input type="checkbox"/> Do not get out of bed on your own. Having surgery puts you at higher risk for falling. <input type="checkbox"/> The nurse will teach you to use your incentive spirometer and remind you to use it 10 times each hour. This will reduce your risk for lung illnesses after surgery. 	