What time is my surgery? What time should I check in?
Call the operating room front desk at 801-587-4300 between 2 and 5 p.m. the day before your surgery. If your surgery is on Monday, call after 2 p.m. the Friday before. A member of the operating room staff will tell you the time to arrive at the hospital and about how long your surgery will take.
If you have questions about your surgery, call your surgeon’s office.

How do I prepare for surgery?
It is important that your stomach be empty when you are under anesthesia. To prepare for surgery
• Do not eat or drink anything after midnight the evening before your surgery. You may have sips of water up to four hours before your surgery time.
• Do not use chewing gum, breath mints, or lozenges the day of your surgery.
• If you are a smoker, do not smoke after midnight the evening before your surgery.

If you eat or drink after these times, your surgery must be rescheduled. Being under anesthesia when your stomach is not empty can be life-threatening.

Should I take my medications before surgery?
Please follow the instructions marked below.
☐ Do not take ASAs (aspirin-containing medications) or NSAIDs (anti-inflammatory medications) five days before surgery.
☐ Take NONE of your medications.
☐ Take ALL your medications (except ASAs or NSAIDs) with a sip of water.
☐ If you are taking pain medications, please take them as needed with a small sip of water. Your pain will be easier to control after surgery.
☐ Take ONLY these medications with a sip of water:

What should I wear the day of surgery?
• Wear loose-fitting clothing. We will provide a garment bag for your clothing.
• Do not wear makeup, jewelry, or fingernail polish.
• You can wear your eyeglasses, contact lenses,
dentures, and hearing aids to the hospital and remove them just before surgery. If you need a case, we can provide one for you.

What should I bring to the hospital with me?
- Bring something to read or a personal music device to use while you wait for your surgery.
- Bring a form of ID and your insurance card. Be ready to pay co-pays or deductibles.
- If you have a flex spending card for prescriptions, bring it with you.

After registration, give your valuables to a family member for safekeeping. Huntsman Cancer Institute is not responsible for items lost or stolen from your car.

What will happen the day of surgery?
- At your appointment time, check in at the Surgery/Endoscopy admissions desk on the third floor of Huntsman Cancer Hospital. When you leave the elevators, turn to your left.
- After you check in, a staff member will take you to a room where you will get ready for surgery.
- Your nurse will confirm your surgery time, let you know of any delays, make sure that all the testing is done, and confirm your planned procedure.
- Your nurse will place an intravenous (IV) line in your arm.
- Your anesthesiologist will discuss the procedure with you and answer any questions about the type of anesthetic you will receive. He or she may also give you a medication in the IV to help you relax before you go to the operating room.
- Please ask your nurse any questions or concerns.
- Please call for help each time you want to get up while in the hospital. Some of the medications you will take can put you at risk for falling. We want to help, we have time, and it is our privilege to assist you.

When can I go home?
Most patients are ready to go home a few hours after their surgery, depending on the type of procedure. In general, you can go home when
- Your vital signs are stable
- Your pain comfort goal has been met
- You are able to drink fluids without getting sick
- You are able to walk with only a little help
- You are able to urinate

Your surgeon may decide that you need to stay in the hospital. If this happens, the surgeon will arrange your hospital admission after the surgery.

Will I need a ride?
You will need to find someone to drive you home. Do not drive for at least 24 hours after your surgery or while you are taking medication for pain.

What kind of follow-up should I expect?
In 24 to 48 hours after you go home, a nurse will call to see how you are doing. He or she will also ask you to evaluate the care you received. Your responses help us recognize and reward staff members who have given exceptional care. Also, if any of the care you received was not satisfactory, please let us know. Your responses help us improve patient care.

How We Keep You Safe Before and After Your Surgery
- We use at least two methods to make sure we have the correct patient for the correct procedure.
- Your surgeon will mark your skin to make sure they operate on the correct site on your body.
- We give you antibiotics before your surgery to prevent infection.
- We wash our hands before and after meeting with each patient.
- As part of our “SPEAK UP” program, we ask that you let us know about anything that concerns you or seems unsafe.
- We ask that you call for assistance each time you want to get up while in the hospital. We want to help, we have time, and it is our privilege to assist you.

Presurgery Checklist
- Call the front desk at 801-587-4300 the day before to find out what time to come.
- Have not eaten, had anything to drink, and have not smoked since midnight the day before your surgery.
- Follow your nurse’s instructions about which medications to take and when.
- Bring your ID, insurance and flex spending cards, and something to read or listen to while you wait.
- Find someone to drive you home.