



St. Maarten Medical Center

Dear Sir/Madam,

As you know, you are scheduled for surgery on:

_____ day _____

Please be at the hospital for admission on:

_____ day _____

no later than (time): _____ am/pm

Anesthesia doctor appointment:

_____ day _____ Time: _____ am/pm

As the planning of an operation is a complicated task, we would like your co-operation in this.

This booklet is for your keeping, to help you prepare for your surgery. Read this before your admission.

*Before your
Surgical Procedure*

We Care Together!

SAFETY
HEALTH
SATISFACTION

Pre-Admission

After registration at the admission department, you will get pre-admitted at the medical/surgical ward.

Once there, a nurse will assist you in filling an admission form. You will be asked several questions to allow us to become familiar with your medical and surgical history. We will verify medications you currently take, and schedule any tests you need, based upon history and health.

We will discuss the type of anesthesia you will be given as well as inform you about the procedure you will have so that you will know what to expect. Ask us about anything you do not understand and we will try to explain your care in terms that are meaningful to you.

Pre-Operative Instructions

Any instructions given to you are of great importance. It is your responsibility to ensure you follow the instructions given for your own safety or your operation could be postponed or cancelled. If you have not been given any specific instructions before you are due to come in for your procedure, please contact the Pre-admission clerk.

Notify your surgeon if there is any change in your physical condition, however mildly, such as a rash, fever or flu symptom. If there is a chance you are pregnant, notify your surgeon immediately.

Please remember to arrange:

- ◆ A responsible adult to take you home by Taxi or Car. **You may not drive yourself home** from the hospital as medications given during surgery will make it unsafe for you to drive.
- ◆ A responsible adult to look after you for 24 hours after you return home from your operation, to assist you and to care for you.
- ◆ A contact phone number of your friend or relative.
- ◆ Childcare for your children.

Before Your Operation

- ◆ DO NOT drink alcohol 24 hours before your admission, as it will alter the effects of an anesthetic or sedation.
- ◆ Do not eat or drink anything after midnight of the day of your surgery; this includes water, chewing gum and sweets. On the evening prior to surgery, please eat a light meal.
- ◆ Do not smoke on the day before and the day of your surgery.
- ◆ Follow the orders of the Anesthesiologist regarding the taking or refraining from taking of medications the night before or the day of your surgery.
- ◆ You may brush your teeth the morning of surgery, but DO NOT swallow any water.



Staff at the Medical/Surgical Ward

Day of Surgery

On the day of your procedure, report to the admission department. Please arrive promptly at the time of your scheduled admission.

Before you come in, you must:

- ◆ Have a bath or shower; usually patients are not shaved for certain surgeries. Do not shave yourself. If you have to be shaven it will happen on the ward.
- ◆ Remove all make-up and nail polish prior to surgery. The natural color of your nails is an indicator of your general health. This does not apply to artificial nail enhancements.
- ◆ Remove all jewelry, including body jewelry, as well as all hair accessories including hair bands and hair pins. **Please do not bring jewelry or large sums of money. If this is unavoidable, please ask your relative or friend to look after them. The St. Maarten Medical Center (SMMC) is not responsible for any loss or damage to property brought into the hospital.**
- ◆ In most cases, contact lenses as well as dentures must be removed.

Please bring with you:

- Any tablets, medicines, inhalers that you are currently taking.
- Dressing gown and a pair of socks will be supplied, you can bring in your own if you prefer. An operation gown will be provided by the SMMC.
- A pair of white socks. Any toiletries you may require.
- Glasses/contact lenses, cases and solutions.
- Something to help you pass the time such as a book, magazines, puzzles etc.
- X-rays, scans and any other appropriate reports or letters
- Your most important phone numbers

For admissions: a valid ID, insurance documents or other payment method.

Medicines

If you are taking any medication please bring them in with you:

- ◆ In the original container as dispensed by your pharmacy, any medicines prescribed by your doctor that you are currently taking or are supposed to be taking. (Note: this original container needs to have a label with your name and directions of how the medicine is to be taken as prescribed by the doctor.)
- ◆ Any written instructions supplied by your doctor such as a repeat prescription form. This includes: Tablets and capsules, Liquids, Patches, Inhalers and/or Creams
- ◆ Any medicine that you are taking that was bought from a pharmacy, supermarket or via the internet including: Over-the-counter medication, Homeopathic medicines, Herbal preparations and/or Indigestion Remedies.



By providing this information, the clinical team can compile an accurate record of your current medication. **Be sure to tell the anesthesiologist and the nurse about your medical problems including allergies as well as your medical history such as Asthma.**

The anesthesiologist may advise you to stop taking certain medications if you are having surgery. It will still be useful for you to bring your medication on your day of surgery, even if it has been decided to stop using your medication before coming into surgery.

Diabetic and hypertension patients will receive special instructions for management of blood sugar and medications. Asthma patients should bring along their Ventoline or Combivent puff.

What should I wear?

Patients should be properly clothed. Wear loose, comfortable clothing that is easy to put on and remove. If surgery involves hand/arm or leg/foot, please wear clothing loose enough to fit over a large bandage. A top that zips or buttons up the front may be easier to put on after your procedure. Wear comfortable flat or low-heeled shoes. Bring an extra pair of clean socks, if you prefer to wear your own in the operation room. A nightstand will be provided for your clothing.

Why do you keep asking me the same questions?

Your safety is important to us. For that reason you may be asked the same questions several times by different people. We have to confirm if certain details are correct, as part of our checking procedure. This is standard practice for any patient having an operation as we have to ensure the correct procedure is carried out. We do know who you are and why you are in hospital, but want to double-check our information.

Can I use my mobile phone?

You may wish to use your mobile phone to update family and friends about your condition. You can use your phone in your patient room. You may not use your phone in clinical areas, as it may affect the medical equipment.

Escorts

Your friend or family member is allowed to wait in the patio/garden or watch television during your surgery. Preferably, they can continue with daily or planned chores.

Pre-Operative procedures

- ◆ Although you will have been given a provisional time for surgery, this is subject to change. Planned surgeries before yours can be cancelled or can run late which may affect the time of your surgery.
- ◆ After checking in, you will be escorted to the pre-operative waiting area, where you will be greeted by a nurse who will ask you questions about yourself and your health, take your blood pressure, pulse and temperature.
- ◆ Please tell the nurse about dentures, capped or loose teeth or other prostheses, body piercings and if you are wearing contact lenses. If you are allergic to anything such as some foods, types of medication or latex please tell your nurse about this as well.
- ◆ You will be asked to wear a cotton hospital gown. The admitting nurse will also prepare you for surgery. This entails at times, shaving of the operation site and removing of nail polish.
- ◆ You will see your surgeon and/or anesthetist in the operation theatre prior to your procedure. Feel free to ask any questions at this time.
- ◆ You will then sign a consent form, unless you have already done so in your outpatient's clinic. You will be given a copy of the consent form for your own records by your consultant or nurse.
- ◆ If you are having an operation on a particular part of the body this may be marked by the surgeon at this time.
- ◆ During the surgery a surgical team will be monitoring you and making sure you are comfortable.

Contact information

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