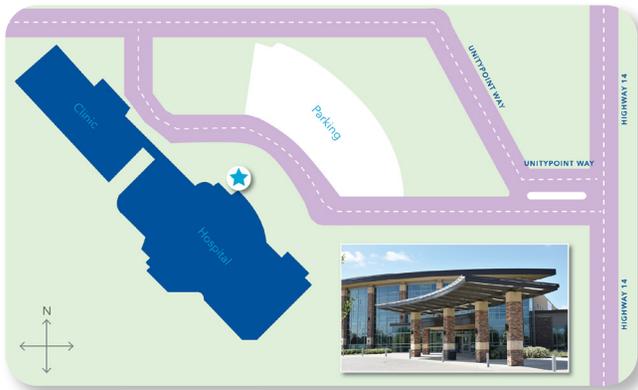


WELCOME to Surgical Services at UnityPoint Health - Marshalltown. We're located on the second floor of the hospital, inside the main entrance.

You have been scheduled for a surgery/procedure on

_____.

Most patients go home the same day. Your surgeon will tell you ahead of time if you need to stay in the hospital overnight.



For more information:
UnityPoint Health® - Marshalltown
55 UnityPoint Way
Marshalltown, IA 50158
(641) 754-5151



unitypoint.org/marshalltown

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GETTING
READY FOR
SURGERY



How to Get Ready

- You will need an appointment with your regular doctor/provider 1-2 weeks before surgery.
- At this appointment, your doctor will tell you if you need to start or stop any medicines before surgery.

Pre-Op Phone Call

You will get a call 1-3 business days before surgery.

- The nurse will tell you what time you should arrive at the hospital and ask about the medicines you take.
- There will be other questions based on your health history and the surgery for which you are scheduled.
- The nurse will tell you which medicines to take or not take the morning before surgery.

Morning of Surgery

- Do not eat or drink anything after midnight.
- Do not wear make-up, jewelry or nail polish.
- Do shower or bathe, wash your hair and brush your teeth. **DO NOT SHAVE.**
- Please leave valuables at home.
- Wear loose, comfortable clothing.
- Bring photo ID and insurance card with you.
- Use main entrance and go to registration.
- Bring a responsible, adult driver. You will not have your surgery if you do not have a driver.

Failure to follow these instructions could jeopardize your safety and could result in your surgery being canceled.

When You Go Home

DO:

- Have a responsible adult drive you home.
- Go home, rest and relax. Take it easy, and change positions slowly so you don't get lightheaded or dizzy.
- Follow printed discharge instructions given to you by your nurse.
- Start with small meals so you don't get sick to your stomach.
- Take pain medications with food, toast or crackers.
- Drink plenty of fluids.
- Call the surgeon's office if you have any questions or concerns. That phone number is on your discharge instructions.
- Go to your follow-up appointment at the surgeon's office, which is also on your discharge instructions.

DON'T:

- Drive any motor vehicles or other hazardous equipment (for example, a car, truck, tractor or mower) for 24 hours.
- Drink any alcohol or beer for 24 hours.
- Make any important financial or legal decisions for 24 hours.

