

# PRE-SURGERY CHECKLIST

Use this handy checklist before your surgery to ensure the basics are not forgotten.

## HOME

- Arrange for help with housework, meals, and medication. Do you need someone to drive and run errands? Mow the lawn? Walk the dog? Arrange for someone to drive you home.
- Do your shopping. Have healthy foods, drinks, and other household items ready when you get home. Do your banking. Pay your bills.
- Do the laundry. To lower the risk of infection, put clean linens on the bed and clean towels in the bathroom before you leave the hospital.
- Pack your bag for your hospital stay.
- Put things within easy reach. Move the things you use most often to a place you can reach.
- Fill your car's gas tank. Get your car ready so your driver can transport you.

## SURGERY

- Take care of any forms needed for work-related leave.
- Preregister for your procedure and verify the date, time, and location to be at the hospital.
- Ask doctor or hospital staff about any medical devices used at home, (e.g. a CPAP machine).
- Complete your preoperative medical health physical and presurgical screening.
- Make sure you have the following information handy: a list of your medications, allergies, and any prior surgeries; any instructions previously given to you by your surgeon; the make and model number for any devices implanted in your body.

## HOSPITAL BAG

- Toothbrush, deodorant, dentures, brush, or comb.
- Hearing aids and eyeglasses.
- Socks and undergarments.
- Nonskid slippers or easy-to-slip-on tennis shoes.
- Something to do, like a tablet, Kindle, books, magazines, or crossword puzzles.
- Loose, comfortable active clothing. (Nothing you can trip on).
- Phone and other electronics chargers.
- Any paperwork necessary, including your insurance information and identification, list of allergies, list of medications (including dosage and time of day administered), a copy of your Advanced Health Directive or Durable Power of Attorney if you have one.



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