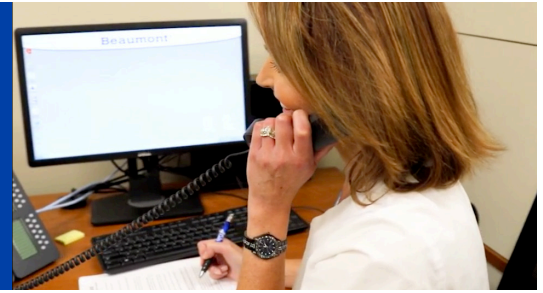


Pre-Spinal Surgery Checklist

Beaumont Hospital, Troy



As your surgery day approaches, you will be contacted by an anesthesia prescreening nurse to go over your medical and surgical history. The nurse can answer any questions you have and will walk you through some things to do before your procedure.

Hygiene

Take a shower using CHG solution

- two nights before surgery
- the night before surgery
- the morning of surgery

Diet

- Consume no alcohol 24 hours before surgery.
- Consume no solid food after 10 p.m. before surgery (includes milk products).

Other

- Take all recommended medications.
- Report sore throat, cold, congestion, fever, diarrhea, or open infected wounds.
- Confirm time of arrival one day before surgery.

Visit beaumont.org/spinal-care/surgery for specific instructions.

Surgery day

Safety is our number one goal. Please make sure your surgical coach accompanies you to the hospital to ensure you always have support.

Before coming to the hospital:

- You can drink clear liquids up to two hours before arrival.
- You can chew gum up to two hours before arrival.
- If you have sleep apnea, bring your CPAP or BiPAP machine and supplies.
- If you have an implantable device, bring ID card, equipment and controllers.

Clear liquids include:

- water
- sports drinks
- carbonated beverages like soda
- clear black or green tea
- black coffee

Do not drink:

- cream
- milk
- chicken broth

For an appointment with a Beaumont doctor, visit beaumont.org or call 800-633-7377.