**Welcome to the Anna Jaques Hospital Perioperative Services Department**

**Pre-Registration**

Immediately upon receiving your surgery date and time, you must pre-register by calling the ACCESS Department

Monday-Friday: 8:00am - 5:00pm
978-834-8210

You will be speaking with a non-clinical person who will ask you to verify your address, phone numbers, emergency contacts, insurance and other demographic information.

**Pre-Admission Testing Interview**

A nurse will contact you at the appointed date and time unless you have been instructed to come to the hospital for an in-person visit.

The nurse will review medical history, anesthesia experiences, medications and pre-operative instructions included in this pamphlet.

Please complete the enclosed questionnaire for this interview.

The nurse will guide you through any specific instructions from your physician and will assist you with any special needs or questions.

**Important “Do’s and Don’ts” Before Surgery**

**Post-Procedure Appointments:**

Date & Time
Please Follow All Steps Prior To Your Procedure

If you are required to have any pre-procedure testing, please have these tests completed as soon as possible.
If you have had testing in the last six months, please have your results faxed to the Pre-Admission Testing Department at 978-463-1266.

1-2 Weeks Prior
For outpatient procedures you MUST make arrangements for someone to drive you home if you receive any type of anesthesia or sedation.
It is strongly recommended that you make arrangements for someone to stay with you for the first 24 hours following your procedure.
Stop all vitamin and herbal medicines as directed by your provider.
If you take Aspirin, Aspirin-containing products or blood thinners, please contact your prescribing provider for instructions.
STOP Ibuprofen products such as Aleve, Motrin, and Advil. You MAY take Acetaminophen products such as Tylenol.

The Morning of Your Procedure
Please make every effort to check-in on time.
If you are going to be late, please call 978-463-1107.
If you take prescription medications for your heart, lungs, blood pressure, seizures or stomach problems, take them with a sip of water.
If you use inhalers, bring them with you.
Do NOT take diabetes medications.
Patients taking diuretics (fluid pills) who have a diagnosis of Congestive Heart Failure (CHF) should take their diuretic as ordered. Other patients should NOT take their diuretics.
Please shower per specific instructions from your doctor or nurse.

What Not to Bring
- No make-up, fragrances, colognes or perfumes
- Remove nail polish
- All jewelry, including wedding ring and body piercings MUST be removed
- Please leave ALL jewelry, credit cards, large amounts of cash and other valuables at home

The Evening Prior
We will contact you on the business day prior to your procedure to confirm your check-in time.
Let us know if you feel ill or have a fever at this time.
You must also notify your surgeon if you do not feel well.

Nothing by mouth after midnight.
This includes solid food, milk or milk products, chewing gum, life savers/breath mints, etc.
Failure to follow this guideline can lead to your procedure being delayed or cancelled.

STOP all over the counter antacids (TUMS, Pecid Complete, Gaviscon and Mylanta)
If you have been asked to take a pre-operative shower/bath, please follow specific instructions provided by your doctor or nurse.

What to Bring
- A current list of all medications including dosages and time of last dose taken
- A copy of your Advance Directives, if you have established them
- Wear comfortable clothing and flat shoes
- Please leave crutches in the car
- C-PAP or Bi-PAP, if applicable
- Headpiece, if applicable

Arrival at the Hospital
Upon arrival at AJH, there is FREE valet parking available at the covered walkway for your convenience (8am-4pm), or please park in the main parking lot.
Proceed up the covered walkway to the atrium.
The Pre-Op Testing and Surgical Services entrance will be immediately on your left.