

Please read through the following information to help prepare for your upcoming procedure.

You may receive a phone call from each department.

**PRE-OP CLINIC:  
603-775-7405**

Located within Core General Surgery Office  
Suite 301  
Exeter Hospital  
3 Alumni Drive, Exeter, NH 03833

**REGISTERED NURSE from the  
PRE-ANESTHESIA DEPARTMENT:  
603-580-7586**

Prior to your surgery, a nurse may contact you by telephone.

If you receive a phone message, please note the extension and call that extension directly.

The nurse will review medical history, anesthesia experiences, medications, Advance Directive and pre-operative instructions. The nurse will help guide you through the process and answer any questions you may have.

Please have medications, over-the-counter remedies, vitamins and supplements on hand to refer to.

**PRE-REGISTRATION:  
603-580-6368**

A non-clinical person from the Registration Department may contact you by telephone to confirm your address, phone numbers, emergency contact person, insurance information, primary care physician and Advance Directive status (Living Will and Durable Power of Attorney for Health Care).

**IMPORTANT DATES**

History and Physical Pre-Op Appointment:

Date \_\_\_\_\_ Time \_\_\_\_\_

Location:  PCP  Pre-op Clinic  Surgeon  
 Other \_\_\_\_\_

Date of Surgery \_\_\_\_\_ Surgeon \_\_\_\_\_

For surgery time please see details under section *1-2 Days Prior*.

Other Prior Appointments/Labs/EKG/Testing:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post-Operative Appointment:

Date \_\_\_\_\_ Time \_\_\_\_\_

Location \_\_\_\_\_

Other Appointments:  
\_\_\_\_\_  
\_\_\_\_\_

Surgical Scheduler \_\_\_\_\_ Phone \_\_\_\_\_

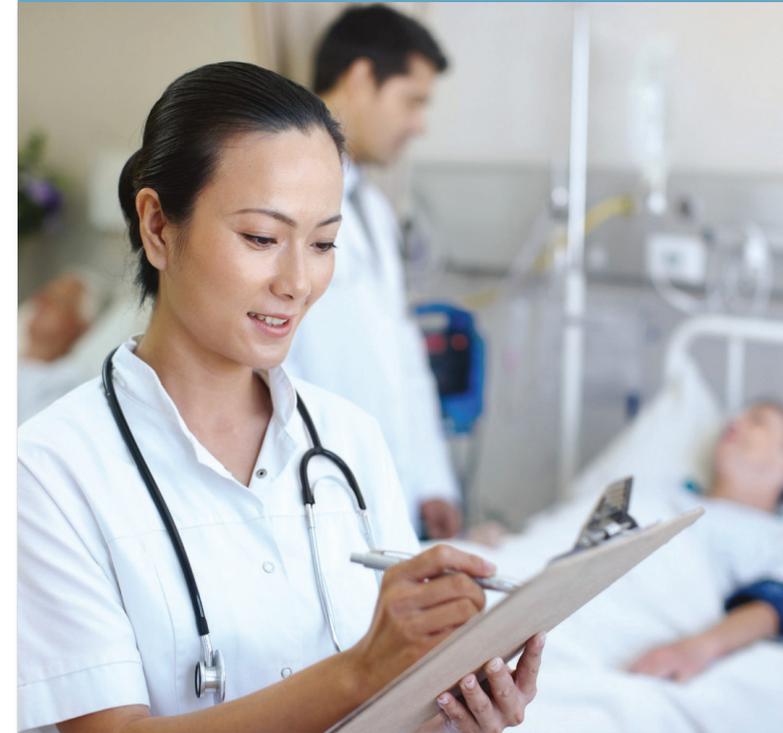


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5 Alumni Drive, Exeter, NH 03833  
603-778-7311 | exeterhospital.com

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**PRE-SURGICAL  
INSTRUCTIONS**  
*at Exeter Hospital*



For your safety, please follow the advice in this educational booklet. **Failure to follow instructions may result in delay or cancellation of surgery.**



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**Notify your physician of any health changes such as a cold or fever.**

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**FOLLOW ALL STEPS PRIOR TO SURGERY:**

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**2 Weeks Prior**

- Stop all herbal supplements unless otherwise instructed by physician.
- If you are having anesthesia for your procedure please arrange for a ride to and from the hospital.
- It is strongly recommended that you have a responsible person stay with you for the first 24 hours after surgery to ensure your safety.

**Contact the Prescriber for Instructions**

- If you take medications for:
  - diabetes
  - aspirin containing products
  - blood thinners or
  - medicine for arthritis
- Contact the surgeon and ask:  
“Can I take anti-inflammatory drugs (NSAIDS), such as Aleve®, Motrin®, Ibuprofen or Advil® **7 days** prior to surgery?”

Yes       No

Exceptions: \_\_\_\_\_

**1-2 Days Prior**

You may call the department where surgery is scheduled 2 days prior between 1:30 pm and 4:30 pm to obtain a tentative arrival time (Monday – Friday). **Your arrival time is subject to change and will be finalized the day before surgery.**

Outpatient Surgery Center (OSC):  
**603-580-7568**

OSC is located on the Main entrance side of the hospital (near the parking garage) on the 3rd floor across from the elevators.

Inpatient Surgery (Main OR):  
**603-580-6745**

Main OR is located on the ground floor of the south side of the hospital (Emergency Department side).

Arrival time: \_\_\_\_\_

**Note: Location may change. If a change occurs, you will be contacted by our staff.**

**Bathing**

- Follow specific bathing instructions from your surgeon.
- Please be sure to shower/bathe and shampoo the night prior to or morning of procedure. Do not apply any styling or beauty products to the skin or hair (please remove false eyelashes, if possible).

**Eating and Drinking**

- Be sure to brush your teeth and/or use mouthwash before surgery, but please do not swallow any toothpaste or mouthwash.
- Please do not chew gum, have candy, throat lozenges, or breath mints the day of your surgery.
- Nothing solid to eat after **MIDNIGHT** the night before your surgery.
- You may drink **clear liquids up to 2 hours before** your scheduled arrival time at the hospital. The following are generally considered clear liquids:
  - Water (plain, carbonated or flavored).
  - Clear fruit juices **without** pulp, such as apple or white grape juice.
  - **NO** orange juice.
  - Carbonated drinks, including dark sodas (cola and root beer).
  - Tea or coffee **without** milk or cream.
  - Sports drinks, nothing RED in color.
  - Ice pops **WITHOUT** milk, bits of fruit, seeds or nuts.

**The Morning of Surgery**

- If you take prescription medication for lungs, thyroid, blood pressure, seizures or stomach problems, take them with water.
- **Take heart medications except diuretics (water pills).**
- If you have diabetes or take blood thinners, follow specific instructions given by your care provider.
- Stop all over-the-counter vitamins and antacids such as Tums®, Pepcid Complete®, Gaviscon® or Mylanta®.

**What to Bring**

- Your insurance card and identification.
- A copy of your Advance Directive.
- If you have sleep apnea and a planned overnight stay, bring your machine with you to the hospital.
- Remote for stimulators.
- Leave all valuables at home.

**What to Wear or Not Wear**

- Wear comfortable, loose clothing and flat shoes.
- Wear eye glasses. Do not wear contacts.
- All jewelry, body piercings and hair pins **MUST BE REMOVED.**

**How to Travel and Park**

**Please make every effort to arrive on time.**

If you are going to be late, call the department where surgery is scheduled (*OSC or Inpatient Surgery*).

If you are receiving anesthesia, a designated driver must be used. **Please ask if you do not know.**

If cab or transport service is taken, you must be accompanied by a responsible adult.

- Free valet parking, wheel chairs and assistance are available at the main entrance.

**Discharge**

Exeter Hospital participates in NSQIP (National Surgical Quality Improvement Program). You may receive a phone call or email from one of our Quality nurses (exeterhospitalsurgicalfollowup@EHR.org) up to thirty days regarding your surgical experience and recovery. This information is used to improve quality of care and your input is invaluable.

**Turn over for specific procedure related information.**