

# Morning of Surgery

## Frequently Asked Questions

### 1. NO SOLID FOOD

You may drink a 12 ounce bottle of Powerade, Gatorade, or Vitamin Water at least 1 hour before you have been told to report to the hospital for your surgery. Use one of these drinks to take the medications your surgeon has cleared you to take.

If you are a diabetic you may drink a 12 ounce bottle of Powerade ZERO, Gatorade ZERO, or Vitamin Water ZERO at least 1 hour before you have been told to report to the hospital for your surgery. Make sure there is “no added sugar” in your drink. Do NOT take your diabetic medications that morning.

- Drink the 12 ounce drink in 30 minutes or less.

**WHY DO THIS?** This fluid provides the body with not only water, but also electrolytes that your body needs. The evidence based literature shows by doing this we help:

- preserve blood volume making it easier to start the intravenous access.
- keep the kidneys “wetter” making it easier to urinate after you wake up from surgery.

- lower the muscle cramping associated with positioning the body throughout the surgery.
- prevent nausea and vomiting after surgery.

### 2. SHOWER with CHG

- Shower the morning of your surgery with the CHG as instructed.
- No perfumes, deodorant, make-up, or jewelry should be applied or worn to surgery.
- Wear loose fitting clothes.

### 3. HOME EVALUATION FORM

If you have not already done so, bring the completed Memorial Hermann Joint Center Home Evaluation Form found in the Patient Guide book on the last page and give to the pre-op nurses or the nurse navigator.

### 4. PARKING

Park in Garage 5 in the un-gated areas on levels B, C, D and E. A covered skywalk on level B of the Garage provides convenient access to the Memorial Hermann Tower. Once inside, proceed down the escalator. Hospital services are accessed by the elevator bank directly ahead (floors 2-12). Take the elevator to the 12th floor and report to the registration desk to the left with your ID.

