



PRE-OPERATIVE INSTRUCTIONS FOR HEART SURGERY

The following information is provided as a guide for you and your family while you are a patient at the University of Virginia Medical Center. This information is to help you better understand your daily routine. This may not reflect all aspects of your situation. As your needs change, your health care team may need to change your care. If you have any questions, please ask your doctor or nurse.

GENERAL INSTRUCTIONS:

1. **Eat** what you like for dinner before surgery THEN take nothing to eat or drink by mouth after 12 midnight except sips of water with medications (see below).
2. **Practice** coughing and deep breathing. Use lung exerciser 4-x day (each session 5 times) before surgery. Stop Smoking.

3. Usual Activity

4. **Review** patient education books, patient pathway, and complete anesthesia questionnaire (orange strip on first page)

5. **Bring green blood bracelet, anesthesia questionnaire, and patient education materials with you the Day of Surgery.**

The day of your surgery, please report to the Surgical Admission Suite, First Floor University Hospital. A pre-admission staff member will call you the day BEFORE surgery to let you know what time you will need to be at the hospital. Pre-admission phone number is 434-924-1248.

6. **Shower** with special soap the night before and the morning of surgery – no deodorant, lotion, or perfume after showers or baths.
7. **For Female patients:** Bring one of your own bra's to wear after surgery.
8. **Send your family** to 4 West Visitor Family lounge after you go to the operating room and the Doctor will come and see your family toward the end of your operation.

MEDICATIONS INSTRUCTIONS:

1. **Continue** taking home medications unless directed otherwise by Physician.
2. **Continue the following medications including the Day of Surgery: Take with sips of water only. Aspirin, Beta Blocker, Lipid lowering, and Anti-arrhythmics medications.**
3. **Stop** Blood thinner (Coumadin) **at least 96 hours or 4 days** before surgery unless instructed otherwise by physician.
4. **Verify if patient taking Plavix for Drug eluting Stent OR STOP** anti-platelet Plavix, **7-10 days** before surgery if not for coronary stent.
5. **Stop taking** ACE Inhibitor and ARB medications (ie, Lisinopril, Fisinopril, Losartan, Valsartan, Candesartan, Cozaar, Hyzaar, Mavik) 4 Days before surgery.
6. **Stop taking** Aleve, ibuprofen (ie, Advil, Motrin, etc.) 48 hr or 2 days before Surgery.
7. **Stop** glucophage (Metformin) 48 hours before surgery
8. **For Diabetic Patients:**
 - **One half (1/2) normal dose Insulin (NPH) morning of surgery**
 - **Full dose of BASAL (Lantus, Glargine) Insulin the morning of surgery**
 - **DO NOT TAKE ANY blood sugar medicine by MOUTH the morning of surgery**