



Northeast Hospitals

Beverly Hospital, Addison Gilbert Hospital,
and Beverly Hospital at Danvers

▶ THE DAY BEFORE

DO:

- You must call the facility where you will have your surgery or procedure (Phone numbers and call-in times provided under “Contact Us” on the back panel.) You may be asked about your current medication. Please have a list of all medications available when you call.
- Call your surgeon if signs and symptoms of an infection or cold develop prior to your appointment.
- Shower both the night before and the morning of your surgery or procedure.
- Call to determine your required arrival time.

DO NOT:

- **Do not eat or drink anything after midnight on the night before** your surgery or procedure.

▶ AFTER YOUR SURGERY OR PROCEDURE

- Do not drive for 24 hours after your surgery or procedure.
- Do not drive while taking narcotic pain medications.

▶ CONTACT US

Please call the facility where you will have your surgery or procedure. We may be reached at the following locations:

ADDISON GILBERT HOSPITAL
298 Washington Street, Gloucester, MA 01930
978-283-4000 ext. 254
Patients should call between 12 p.m. and 2:00 p.m.

BEVERLY HOSPITAL
85 Herrick Street, Beverly, MA 01915
978-524-6095
Patients should call between 3:30 p.m. and 6:30 p.m.

BEVERLY HOSPITAL AT DANVERS, MEDICAL AND DAY SURGERY CENTER
480 Maple Street, Danvers, MA 01923
978-304-8510
Patients should call between 1:00 p.m. and 3:00 p.m.

Driving directions to our facilities are available at beverlyhospital.org

Date of Surgery: _____

Your arrival time will be determined on the day before your surgery or procedure.

PREPARING FOR YOUR SURGERY OR PROCEDURE

Thank you for choosing to have your procedure or surgery at Addison Gilbert Hospital, Beverly Hospital, or Beverly Hospital at Danvers, Medical and Day Surgery Center.

The information provided here outlines what you should and should not do in the weeks and days leading up to your appointment.

▶ ONE WEEK PRIOR

DO:

- Identify a family member or friend to pick you up from your surgery or procedure and be available with you for the following 24 hours. You will not be permitted to drive yourself home. You may not take a taxi home without an escort to accompany you.
- Prepare your designated driver to be available to pick you up within 30 minutes of being notified by staff that you are ready to go home.
- Check with your surgeon if you feel you need pain medication.
- If you are on Coumadin (warfarin), your surgeon will tell you when to stop taking it (**usually three to five days before surgery**).
- Call your doctor if signs and symptoms of an infection or cold develop prior to your appointment.
- Check with your surgeon to determine if any specific antiseptic showering or bowel preparation will be required.

DO NOT:

- Take aspirin or aspirin-containing products **one week** before surgery.
- If you are on aspirin, Plavix, Aggrenox or any other blood thinner, follow the instructions provided by your surgeon, neurologist or cardiologist. If you receive conflicting instructions, please contact your surgeon's office.
- Take herbal supplements, including Vitamin E and Fish Oil, one week before surgery.

- Take anti-inflammatories (such as ibuprofen, Motrin, Advil, Daypro, Aleve, Naprosyn, naproxen, etc.) for **five days prior to surgery**, or as instructed by your surgeon.
- Shave the operative site for 48 hours prior
- Smoke because it inhibits the healing process.

▶ THE DAY OF YOUR PROCEDURE OR SURGERY

DO:

- Remove and leave at home all piercings and replace with plastic holders.
- Remove and leave at home all jewelry – including wedding bands.
- Shower the morning of your surgery or procedure.
- You may brush your teeth.

You **should continue to take** with a sip of water or use as directed:

- **Eye drops** for glaucoma.
- **Beta-blocker, blood pressure and cholesterol medications.**
- Medicines or inhalers for **asthma or emphysema.**
- Medicines for **hiatal hernia, gastric reflux, or GERD.**
- Any anticonvulsants or chronic pain medications.

Remember to bring with you:

- A family member or friend to drive you home.
- A completed Outpatient Medication List.
- A picture ID of yourself.

- Any **eye drops** for glaucoma.
- Any medicines or inhalers for **asthma or emphysema.**

DO NOT:

- Have any: candy, cough drops, breath mints or chewing gum on the day of surgery.
- Take a bath.
- Wear any deodorant, powder, hairspray, lotion or make-up
- Bring any valuables with you.

DO NOT TAKE:

- Any vitamins, minerals, potassium supplements, calcium supplements or over-the-counter medicines
- **Oral diabetes medications** (glipizide, glyburide, metformin, rosiglitazone, Actos, Glucotrol, Avandia, Glucophage, etc.).

▶ NOTES

It is important that you have all of your questions answered. Use this space below to note any questions you may have.