

## PREPARATION FOR GYNECOLOGIC SURGERY CHECKLIST

DATE FOR YOUR SURGERY: \_\_\_\_\_

SURGERY YOU ARE HAVING IS CALLED: \_\_\_\_\_

Your condition is called: \_\_\_\_\_

Location for your surgery: NYU Langone Medical center, 530 1<sup>st</sup> Avenue (1<sup>st</sup> Avenue and E. 31st street)  
HCC-2 MIUU surgical unit

### **To-do-list before surgery:**

- **Pre-surgical testing (PST)**. Location: Ambulatory Care Center | 240 E 38th Street | Mezzanine Floor New York, NY 10016 | Phone: (212) 263-5985

This is required for all patients. Please call 212-263-5985 to set up an appointment for a routine evaluation and bloodwork. The bloodwork should be done **21 days or less prior** to surgery. We **strongly** advise you to make this appointment **as soon as possible** (waiting until a few days after surgery might create avoidable stress if blood work or test results reveal some issues that need to be addressed prior to surgery in order to avoid a cancellation of your surgical procedure). Depending on your medical history, you will be interviewed by a nurse or an anesthesiologist. If any medical tests are required, they can be at PST or with your private physician. You will be instructed not to eat or drink anything after midnight the evening before your surgery. Any medications you take on an ongoing basis should be discussed during your evaluation, as some should not be taken prior to surgery.

- **Medical Clearance**: Discuss the need for medical clearance with the doctor or nurse. You will need medical clearance if you have any medical problems or if you are 65 years or older. Please see your primary care physician prior to your visit to PST (pre-surgical testing). A form for medical clearance is accessible on our website but a letter from your primary care doctor is sufficient. Please ask your provider to fax their report to us after your consultation to 212-263-0616 or email it to us so that we could scan this letter into our electronic medical records in order for your surgeon and your anesthesiologist to be able to review it before hand.
  - Is medical clearance required?  No  Yes, please see medical clearance form
  - Any additional specialty clearance that needs to be obtained prior to surgery: \_\_\_\_\_
- If it is your first visit, sometimes your doctor will need to see you again before your surgery (after getting an imaging study, for example). Often, you can still select your surgery date and schedule your pre-operative visit 2-3 weeks prior to the surgery date. Your pre-operative appointment is scheduled for: \_\_\_\_\_
- Any additional testing that needs to be done prior to surgery: \_\_\_\_\_
- Any records that need to be obtained and reviewed by your surgeon prior to surgery: \_\_\_\_\_
- **Your post-operative appointment**: Your surgeon will see you approximately 2 weeks after surgery to make sure your recovery is going well. At that visit, she will go over findings during surgery and your pathology report in detail. This appointment is scheduled on: \_\_\_\_\_
- Our office will take care of all necessary paperwork and obtain prior authorization from your insurance company. If you have any questions about costs, please contact our office.

- Time off work for recovery: your surgeon will go over what to expect during your recovery with you. Depending on what kind of surgery you are having and how your recovery is going, you will decide on when to return to work. Some patients opt to use their vacation or sick leave time as it provides them full pay during that time and others apply for short term disability (which usually means reduced pay but varies from company to company so you should contact your human resources department to find out benefits you have). In case you need a letter for work to get time off or if you need to submit paperwork for short-term disability, please contact our office. Please allow for 72 hours to complete this paperwork.

### **Prior to surgery:**

- You must not have anything to eat or drink after 12:00 AM (midnight) the night before your surgery. In addition, you must refrain from smoking and chewing gum.
- Please do not take any NSAIDS (e.g., Ibuprofen, Advil, Motrin, Aleve) or Aspirin in the 10 days prior to surgery. They can affect bleeding and your body's ability to clot. However, they should be taken after surgery if needed for pain.
- Please make sure you fill all your prescriptions right after your pre-operative visit to avoid trying to do so immediately before or after surgery.
- Do not shave the surgical area. Shower the night before or the day of surgery.

### **On the day of surgery:**

- Where to check in: location of the operating room is HCC2 MIUU. Please refer to the map you will be provided with during your pre-operative visit.
- When to check in: Please come to the hospital one to two hours prior to your procedure to check in. You will be notified the week prior to surgery what time your surgery will be starting and what time you need to check in. Please note that unless your surgery is scheduled as the first case and starting at 7:30am, it is not possible to predict exactly what time your surgery will begin. The operating room at times run into unexpected delays, which may be 1-2 hours. Therefore, we recommend that before you check in you ask the clerk to check with the operating room as to what time we expect your surgery to start. This allows you to avoid waiting in the check in area and allows you to walk around if you wish. The waiting area is somewhat limited in space. Please note that once you are checked in you cannot leave the waiting area.
- Remove fingernail polish; do not apply make up, do not wear any jewelry, remove all hairpins; wear glasses, not contacts if possible
- If your physical condition changes the night before surgery (for example if you develop a cold, cough, flu, fever or an important change in the condition for which you are having an operation), please notify provider on call by calling the office.
- You need a responsible adult to accompany you home as you can not drive for 24 hours after anesthesia and walk home alone (we call it "escort"). Without an escort your operation will not be performed. You do not need an escort to check in with you (although anyone is welcome to keep you company during this process), only to take you home. If you do not have someone to take you home, NYU can help you utilize escort services approved by our hospital.
- Doctor or nurse will call you the day after surgery to see how you are doing (please refer to the Instructions after surgery handout). If you have any additional questions, please call the office at 212-263-3049.