

## Marin ENT –

Phone: (415) 461-9770 Fax: (415) 461-6744

Surgery Scheduler: Julie Blanchard

## Preparing for Surgery

### Marin General Hospital

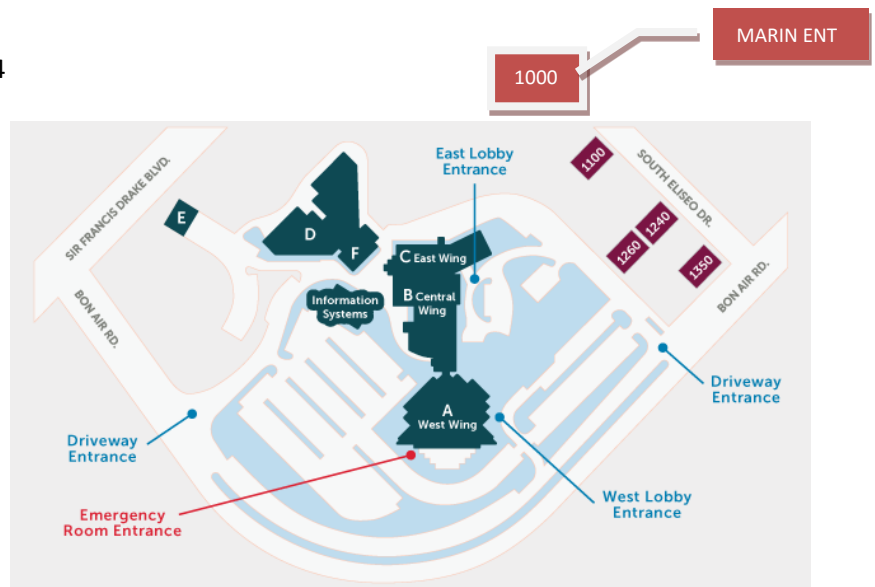
**Surgery Center:** Third Floor

Pre-admission: 415-925-7650

Admitting: 415-925-7243

Clinical Support: 415-925-7650

**Hours** 8:00 am - 5:00 pm



The pre-registration nurse will contact you before your procedure to obtain demographic information and answer any questions you may have, **and will provide you with your exact arrival time at the hospital.** If they have not reached you by 3 PM one day prior to your procedure date or if your surgery is scheduled on a Monday, by 3PM the Friday before; make sure you call Admitting.

## The Night Before Surgery

- **DO NOT EAT ANY FOOD OR DRINK ANY LIQUID AFTER MIDNIGHT**—this includes water, candy, lozenges, or chewing gum. If you forget, your procedure may be cancelled or rescheduled.
- Take any nighttime medications before midnight.
- Refrain from smoking the day and evening before surgery.
- Do not take any medications for diabetes. Your blood sugar will be checked on arrival.
- Shower or bathe to minimize the chance of infection the night before or the morning of surgery.

## The Morning of Surgery

- Avoid swallowing any water when you brush your teeth.
- Wear loose, comfortable clothing and shoes for comfort and ease in dressing after your procedure.
- Leave jewelry and other valuables at home.
- Bring your eyeglasses and a case for them. Leave your contact lenses at home.
- Children may wear clean pajamas and bring a comforting toy or blanket with them.
- If staying overnight, bring a small tote for your belongings. Consider having your family bring it to you after surgery.

## Special Precautions

- Contact your physician immediately if you experience any change in your health before surgery. Minor elevations in your temperature, a cold, or cough should be reported.
- If you suspect you are pregnant, please notify your physician.

## Checking In

Please bring your current insurance card or form, and a picture ID. Check in at the Surgery Center reception desk in the East Lobby at the time specified by our registration staff. Our pre-registration process expedites check in. If you need to check in at a different location, our pre-registration nurse will notify you in advance.