Preparing for Your Surgery:  
The Preoperative Appointment

To prepare you for surgery and for the recovery after surgery, you will be scheduled to return for a preoperative appointment. This appointment will be scheduled at the Surgical Pre-Operative Center at the Domino Farms complex. Every patient is prepared for surgery differently depending on medical history, type of surgery and postoperative needs. Therefore, some appointments may last 1-2 hours, while others may take 4-6 hours and will include several additional appointments.

Plan to be at the preoperative center in Domino Farms at least 2 hours for this appointment, but expect that additional time may be necessary.

About the Preoperative Appointment:
This appointment includes a complete history and physical examination, an explanation of your surgery and its risks and benefits, and instructions to prepare you for the surgery as well as the recovery period.

You will meet with a nurse practitioner or a physician’s assistant and a nurse the day of your pre-surgery evaluation. Your surgeon does not normally see you the day of your preoperative evaluation. If you have a question regarding your surgery that isn’t answered at the preoperative appointment, please contact his or her office directly.

At this visit you will:
• have a complete history and physical exam including a review of all of your medications and use of supplemental herbs & vitamins.
• sign your consent to have surgery. You will receive a copy of this consent to take home with you.
• complete pre-surgical testing that may include an EKG, X-rays and laboratory tests. These tests will be performed that day.
• receive comprehensive education about your surgery, its risks, benefits and anticipated recovery. The clinic nurse will also review any assistance you may need with equipment, education or resources before, during and after your surgery.
• see the anesthesiologist in the anesthesia clinic. This additional appointment may not be scheduled for all patients. The medical team will decide if this is indicated at the time of your preoperative appointment.
Please bring the following to your pre-surgical appointment:

- Family member(s) or friend that will be caring for you after surgery.

- A list of your current medications and supplements; their dosages (amounts) and how often you take your medications. Please include all prescription meds, non-prescription (over the counter medications), vitamins, supplements, herbs and homeopathic remedies.

- Any recent (less than one year old) cardiac tests that have been done at a non University of Michigan facility, such as a stress test, or EKG. If you have a cardiac history, you will need your cardiac physician to send a letter of approval to proceed with surgery.

- Any recent (less than one year old) pulmonary tests that have been done at a non-University of Michigan facility, such as a Chest X-ray.

- Physician letter of approval to discontinue any blood thinning medication (such as Coumadin®, Plavix®, Lovenox®).

- The phone number where you (the patient) can be reached the day before surgery. We will need to record this in case of emergency should we need to contact you.

Scheduling the Preoperative Appointment:
The surgery scheduler will be calling you with your appointment times. Please allow at least 72 hours after your clinic visit to receive your appointment dates and times.

What if I need to Reschedule or Cancel the Appointment?
If you need to reschedule or cancel your Pre-Surgery Appointment please call the surgery scheduler @ (734) 615-0073 or (734) 763-3470.
Special Considerations:

- If you have a cardiac history (for example a past heart attack, history of angina or heart failure), please bring a letter for “Cardiac Clearance” from your cardiologist or internist. In addition, please bring a copy of your most recent EKG, stress test, and/or echocardiograms to the preoperative appointment.

- If you are on any blood-thinning medications, you will need to bring a letter from the prescribing physician approving discontinuation of this medication for 5-7 days before surgery (these include medications containing aspirin, non-steroidal medications such as Motrin®, Aleve®, and blood thinners such as Coumadin®. A complete list of these medications is available from the surgical oncology clinic staff. If you are uncertain of any medication, you should contact your prescribing physician or pharmacist.

- Female patients: this physical exam does not include a pelvic exam or pap smear. You will need to see your primary doctor when you are due for your annual gynecologic exam.

Who to Call:
The Domino Farms Preoperative Center can be reached at:

(734) 936-3604