

Preparing for Your Surgery

There are some things you will need to do to get ready for your surgery.

Before Surgery

- Before surgery, you may be scheduled for some tests such as:
 - ▶ Physical exam
 - ▶ Blood tests
 - ▶ Chest x-ray
 - ▶ Electrocardiogram (ECG or EKG)
- Tell your doctor what medicines you are taking including prescriptions, over the counter medicines, vitamins and herbs.
- Your doctor may tell you to stop taking some medicines before your surgery.
- Ask your doctor if you should take any of your medicines the morning of your surgery.
- Call your doctor before surgery if you have an infection or other illness.
- Plan to have an adult family member or friend take you home when your doctor discharges you. It is not safe for you to drive or leave alone.

The Day Before Surgery

- If you are a smoker, do not smoke for at least 24 hours before your surgery.

Paghahanda para sa Inyong Operasyon

Mayroong ilang bagay na kailangan ninyong gawin upang paghandaan ang inyong operasyon.

Bago ang Operasyon

- Bago ang operasyon, maaari kayong iiskedyul para sa ilang pagsusuri gaya ng:

- ▶ Pisikal na pagsusuri
 - ▶ Pagsusuri sa dugo
 - ▶ X-ray ng dibdib
 - ▶ Electrocardiogram (ECG o EKG)
- Sabihin sa inyong doktor kung anong mga gamot ang iniinom ninyo kasama ang mga resetang gamot, mga gamot na nabibili nang walang reseta, bitamina at halamang-gamot.
 - Maaaring sabihan kayo ng doktor na itigil ang pag-inom ng ilang gamot bago ang inyong operasyon.
 - Tanungin ang inyong doktor kung dapat ninyong inumin ang inyong mga gamot sa umaga ng araw ng inyong operasyon.
 - Tawagan ang inyong doktor bago ang operasyon kung mayroon kayong impeksyon o ibang karamdaman.
 - Planuhing magpasama pauwi sa isang may-gulang na miyembro ng pamilya o kaibigan kapag pinauwi na kayo ng inyong doktor. Hindi ligtas para sa inyo ang magmaneho o umuwing mag-isa.

Sa Araw Bago ang Operasyon

- Kung kayo ay naninigarilyo, huwag manigarilyo sa loob ng 24 na oras bago ang inyong operasyon.

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- **Do not eat or drink anything after midnight before your surgery.** This includes water, gum and candy.
- Your doctor may need you to clean out your bowel before your surgery. Follow these steps if checked (✓):
 - Take a laxative as ordered by your doctor the day before surgery.
 - For the evening meal the night before surgery, drink only clear liquids. These include:
 - Water
 - Clear broth or bouillon
 - Clear fruit juices without pulp such as apple, white grape and lemonade
 - Clear drinks such as lemon-lime soda, Kool-aid or sport drinks
 - Coffee or tea without milk or nondairy creamer
 - Jello or popsicles
- You may be told to take a shower with a special soap called chlorhexidine gluconate (CHG) before your surgery. This soap may be given to you, or you will need to buy a 4-ounce bottle or larger of 4% CHG soap at a drug store. A common brand name for this soap is Hibiclens. There may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies. You need to shower with CHG soap:
 - The day before your surgery
 - The morning of your surgery

Follow the instructions from your doctor or nurse on how to use CHG soap or ask for the handout, “Getting Your Skin Ready for Surgery.”

- **Huwag kumain o uminom ng kahit ano pagkalipas ng hatinggabi bago ang inyong operasyon.** Kasama dito ang tubig, gum at candy.
- Maaaring ibilin ng inyong doktor na dumumi muna kayo bago ang inyong operasyon. Sundin ang mga hakbang na ito kung mayroong check (✓):
 - Uminom ng pampadumi ayon sa bilin ng inyong doktor sa araw bago ang inyong operasyon.
 - Para sa hapunan bago ang operasyon, uminom lamang ng malinaw na likido. Kasama dito ang:
 - Tubig
 - Malinaw na sabaw
 - Malinaw na mga fruit juice na walang sapal gaya ng mansanas, puting ubas at lemonada
 - Malinaw na inumin kagaya ng lemon-lime soda, Kool-aid o inuming pang-sports
 - Kape o tsaang walang gatas o creamer na walang gatas
 - Gulaman o popsicles
- Maaari kayong sabihang maligo gamit ang isang espesyal na sabong tinatawag na chlorhexidine gluconate (CHG) bago ang inyong operasyon. Maaaring ibigay sa inyo ang sabong ito, o kakailanganin ninyong bumili ng 4-ounce na bote o mas malaki ng 4% CHG na sabon sa botika. Hibiclens ang isang karaniwang tatak para sa sabong ito. Maaaring magkaroon ng tatak ng tindahan na mas mura ang halaga. Tanungin ang pharmacist kung saan ito makikita sa botika. Kadalasan itong kasama ng mga first aid na supply. Kailangan ninyong maligo gamit ang CHG na sabon:
 - Bago ang inyong operasyon
 - Sa umaga ng inyong operasyon

Sundin ang mga tagubilin mula sa inyong doktor o nars sa kung paano gamitin ang CHG na sabon o hingin ang handout na “Paghahanda ng Inyong Balat para sa Operasyon.”

The Day of Surgery

- If you are to take any of your medicines this morning, take them with small sips of water only.
- Take a shower before coming to the hospital. Shower with CHG soap if you were told to do so by your doctor.
- Bring these with you:
 - ▶ A list of the medicines, vitamins and herbs you take
 - ▶ Health insurance card or financial assistance form
 - ▶ Identification card
- Please leave valuable belongings at home.
- If you have any allergies to medicines, foods or other things, tell the staff.

Talk to your doctor or nurse if you have any questions or concerns.

Sa Araw ng Operasyon

- Kung iinumina ninyo ang inyong mga gamot sa umagang ito, inumin ang mga ito kasabay lamang ng kaunting paghigop ng tubig.
- Maligo bago pumunta sa ospital. Maligo gamit ang CHG na sabon kung sinabi ito ng inyong doktor.
- Dalhin ang mga ito:
 - ▶ Listahan ng mga gamot, mga bitamina at halamang-gamot na inyong iniinom
 - ▶ Health insurance card o form sa pampinansyang tulong
 - ▶ Identification card
- Mangyaring iwan sa bahay ang mahahalagang gamit.
- Kung mayroon kayong anumang mga allergy sa mga gamot, pagkain o iba pang mga bagay, sabihin sa mga kawani.

Makipag-usap sa inyong doktor o nars kung mayroon kayong mga katanungan o alalahanin.

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