

Please report to Guest Registration on the second floor:

Date _____ at _____ a.m. _____ p.m.

Thank you for choosing Pali Momi Medical Center for your surgery. You will receive a call from a perioperative surgical home (POSH) nurse before your surgery or you may call 808-485-4433 to complete a presurgical interview.

STEP 1: Preparing for Your Surgery

- Medications, vitamins and supplements will be reviewed with a nurse prior to your surgery. Follow your surgeon's instructions on when to stop medications such as blood-thinning products (aspirin, Coumadin, Plavix, etc.), diabetes medications and vitamins/supplements.
- If you smoke, drink alcohol or do illicit drugs, please discuss this with your surgeon.
- Please follow instructions given by your surgeon on when to stop eating and drinking before your surgery. (NO water, ice chips, coffee, candy, gum, mint, throat lozenges, etc.).
- Please inform your surgeon and the POSH nurse if you have a pacemaker or defibrillator.
- Please watch the EMMI informational video that was sent to your email, if applicable.
- If you are diabetic, please follow your surgeon's instructions on your oral diabetes medication or insulin.



STEP 2: Day of Surgery

- When you arrive at Pali Momi Medical Center, please report to Guest Registration on the second floor. If you are running late or unable to make your scheduled appointment, call 808-485-4304 as soon as possible.
- Please call your surgeon if you need to cancel your surgery.
- If instructed by your surgeon to take any medication on the morning of your surgery, please take it with a small sip of water.
- Please bring any special equipment or documents to the medical center (e.g., crutches, walker, X-ray or MRI, hearing aide, CPAP, advanced health care directive, etc.), as instructed by your surgeon.

SPECIAL INSTRUCTIONS

- Medications to take on the morning of your procedure with a sip of water.

- If you become ill (fever, cough, runny nose, vomiting, diarrhea, etc.), have any type of infection (wound, urinary, etc.) or any medication changes such as antibiotics prior to surgery, please notify your surgeon right away.
- Please plan to have a responsible adult accompany you home after the procedure/surgery. You will not be permitted to drive, take the bus alone or walk home.
- Please dress comfortably; avoid tight clothing. Wear comfortable footwear (no high heels).
- Please leave all valuables and jewelry at home.
- Please do not wear contact lenses, makeup, cologne, lotion, underarm deodorant, nail polish or hair accessories.
- Please keep in mind that for safety reasons, our staff is required to escort you to your vehicle upon discharge from the medical center. We will be unable to escort you to any other destination on or off hospital property (e.g., cafeteria, pharmacy, doctors' offices, Pearlridge Center, etc).
- Only one visitor is permitted in the Surgery Center with the patient. If the patient is a minor, both parents will be permitted to accompany the patient.
- For safety reasons, children younger than 12 years old are not permitted in the Surgery Center.
- Please have your driver bring the parking ticket to Ambulatory Care Services on the third floor for full parking validation. If you are being admitted to the hospital after surgery, a parking pass will be issued by Guest Registration.

- **It is important to speak to a POSH nurse prior to surgery in order to:**
 - **Prevent surgery cancellation.**
 - **Identify potential anesthesia complications prior to surgery.**
 - **Ensure an uneventful admissions process on the day of surgery.**