

DMC
Huron Valley-Sinai
Hospital

A COMMUNITY BUILT ON CARE

Dear Valued Patient,

Welcome to Detroit Medical Center (DMC). We are pleased you have chosen our hospital for your upcoming surgery or procedure. You, and your physician, are very important partners to us, and we thank you both for trusting us with your care. We look forward to seeing you soon and providing you with excellent care and service. In order for you to have the best possible experience, we want to begin by sharing the next steps in preparation for your visit.

Once your surgery or procedure is scheduled, the hospital is contacted and provided with your personal information so that our team can begin preparing for your visit. While you may schedule your visit with us through your physician weeks, or even months, in advance, we will not reach out to you until approximately 1-3 days prior to your surgery.

Finally, if you have any concerns or questions related to your experience, please do not hesitate to contact Harris Women's Center at (248)937-5220. Again, thank you for choosing DMC, and we wish you the best of health.

Procedure & Surgery Scheduling Guidelines

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Procedure & Surgery Scheduling Guidelines

Pre-Surgery: Chlorhexidine Gluconate (CHG) Shower or Bathing Directions

You will need to shower or bathe with a special soap called Chlorhexidine Gluconate (CHG) before surgery. This can help reduce the number of germs on your skin. The CHG soap comes in a liquid form or as a scrub brush applicator and can be purchased at most local drug stores.

Please note: Not performing CHG shower/bath at home prior to the day of surgery can delay your surgery. If you are allergic to CHG, you may use an antibacterial soap.

If you are unable to take a shower or a tub bath, be sure to wash at a sink or basin. Please keep the following in mind when using CHG soap:

- Do not shave the night before or the morning before your surgery.
- Remove all jewelry and body piercings prior to your shower. Keep them off until after your surgery.
- CHG soap should be used from neck down only.
- CHG soap is for external use only.
 - Do not drink or use in your mouth.
 - Do not use in your eyes, ears, nose, genital area, open wounds or on an extremity in splint/cast.
- Stop using the CHG soap and call your doctor if you have a skin reaction, such as burning, itching, redness, peeling, swelling or rash.

Questions? **248-937-5220**

Procedure & Surgery Scheduling Guidelines

Pre-Surgery: Chlorhexidine Gluconate (CHG) Shower or Bathing Directions

Below are the steps to take if you are showering/bathing the night before and the morning of your surgery with CHG soap:

Step 1: Wash your hair, face and body with your normal shampoo and soap (not the CHG soap), and make sure to rinse all shampoo and soap from your hair, face and body with water.

Step 2: Turn off the shower or step out of the bathwater.

Step 3: Pour the CHG liquid soap onto a wet clean washcloth or your hands and apply to your skin from the neck down. Do not use CHG on eyes, ears, nose, mouth, genital areas, open wounds or on an extremity in splint/cast.

Step 4: Rub the CHG soap over your skin gently for five minutes and apply more soap as needed. Do not wash with your normal soap after CHG soap is used.

Step 5: Turn on the shower or return to the bath and rinse the CHG soap off your body.

Step 6: Dry your body gently with a clean, soft towel. Do not rub.

Step 7: Do not put on deodorant, lotions, powders or perfumes after your shower. Wear clean clothing and use clean sheets on your bed, and wear clean clothes to the hospital. Examples of CHG soaps include Hibiclens® and Dyna-Hex.



Questions? **248-937-5220**

Procedure & Surgery Scheduling Guidelines

No Food or Drink Before Surgery (NPO) Guidelines

Please follow the food and drink guidelines below before surgery. If you choose to eat or drink after the time you've been asked not to, your case will be cancelled because this can cause a serious health event.

- Intake of food should stop eight hours prior to your arrival to the hospital. Drinking should stop two hours prior to your arrival.
- It is preferred you drink Gatorade (not red or purple) two hours prior to your arrival. If diabetic, drink the G2 Gatorade.
- You may drink Ensure Clear, clear apple juice, water or black coffee without cream.



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Patient Education: Pre-Surgery Checklist

- If a change in your physical condition develops prior to surgery, such as a cold, persistent cough, fever, rash, infection, accident/injury or important change in your condition tied to your surgery, please notify your physician.
- If you are taking any blood thinner medications, you must contact the doctor that orders the blood thinners for you to request an anticoagulation therapy plan, which includes when to stop the medication prior to surgery, if at all; if they want to bridge you; and when to start taking the medication again after surgery.
- Bring a picture ID and your insurance card on your day of surgery.
- Please verify your insurance coverage/co-pays. If you have questions, please call your insurance carrier.
- Received copy of NPO guidelines (food and clear liquids).
- We do not allow visitors in the room during the recovery period.

Questions? **248-937-5220**