Preoperative Fasting Care Guideline

MultiCare Pre-Surgical Fasting Information FOR PATIENTS

Date of Surgery: _____ Check-In Time: _____

Preparing for surgery is like training for a marathon; to get your whole body ready we encourage you to drink plenty of water and eat a healthy diet.

Beginning 8 Hours prior to checking in for surgery.

NO FOOD – CLEAR LIQUIDS ONLY

A clear Liquid is one you can see light pass through.

✗	✔
NO FOOD Do not drink liquids with pulp. No milk, no orange juice, no blended foods, no protein shakes.	Up to 8 ounces of: Water, apple juice, sports drinks like gatorade/powerade, broth, jello, tea, or black coffee (NO milk or creamer)

Beginning 2 Hours prior to checking in for surgery.

NOTHING BY MOUTH

✗	✔
NOTHING This includes water, mints, gum, tobacco, etc.	Take ONLY the medications you were instructed to take prior to surgery with SMALL sip of water.

This tool is **not** intended for patients that require Bowel Prep prior to Surgery. If your surgeon did not provide specific instructions regarding a bowel prep, please refer to this tool for your fasting instructions.

Notice of language availability | Free interpreter services: If you speak a language other than English, MultiCare offers interpreter services at no cost to you. To learn more about this free service, scan the QR code or visit **multicare.org/interpreter.**

FAQs

about
"Surgical Site Infections"

MultiCare ✚

What is a Surgical Site Infection (SSI)?

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Most patients who have surgery do not develop an infection. However, infections develop in about 1 to 3 out of every 100 patients who have surgery.

Some of the common symptoms of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

Can SSIs be treated?

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Sometimes patients with SSIs also need another surgery to treat the infection.

What are some of the things that hospitals are doing to prevent SSIs?

To prevent SSIs, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- May remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.
- Wear special hair covers, masks, gowns, and gloves during surgery to keep the surgery area clean.
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.
- Clean the skin at the site of your surgery with a special soap that kills germs.

What can I do to help prevent SSIs?

Before your surgery:

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.

- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

At the time of your surgery:

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask if you will get antibiotics before surgery.

After your surgery:

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub.

> If you do not see your providers clean their hands, please ask them to do so.

- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. If you do not see them clean their hands, ask them to clean their hands.

What do I need to do when I go home from the hospital?

- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your wound. Make sure you understand how to care for your wound before you leave the hospital.
- Always clean your hands before and after caring for your wound.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, call your doctor immediately.

If you have additional questions, please ask your doctor or nurse.

Co-sponsored by:

SHEA — The Society for Healthcare Epidemiology of America

IDSA

American Hospital Association

APIC — Spreading knowledge Preventing infection™

CDC — CENTERS FOR DISEASE CONTROL AND PREVENTION

The Joint Commission

MultiCare
Capital Medical Center

Enhanced Recovery After Surgery (ERAS) Guidelines

You can take steps now to enhance your recovery after surgery. Please see guidelines below on how to optimize your recovery process. As always, please follow instructions given to you by your healthcare provider.

- A healthy diet includes low-fat dairy products, lean meats, fiber from whole grains or beans, fruits, and vegetables.

- Stop the use of Marijuana and Marijuana products, such as creams, oils, and drops.

- Stop using any medications not prescribed by your healthcare provider, including over the counter medications.

- Avoid alcohol or limit your consumption to no more than 1 drink a day for non-pregnant women and 2 drinks daily for men.
    - Pregnant women should not drink alcohol.

- Do not use products that contain nicotine or tobacco, such as cigarettes, e cigarettes, cigars, and vaping 24 hours prior to surgery.

- Do not ingest any alcohol 24 hours prior to surgery.

- Eat a light and healthy meal the night before your procedure.