

CPM Screening Program

Pre-Surgical Screening

Before you have your surgery, you will be asked to complete our pre-surgical screen. This screen will ask about your health history and current medications and helps us to take great care of you.

There are two ways to complete this screening:

A. MYCHART: This is the preferred and fastest method for us to get in contact with you. This form will be sent to you electronically for completion if you have an active patient portal. Once completed our screening nurses will review it and contact you with any questions.

B. Telephone screening call: you will be contacted by one of our screening nurses over the phone to complete the screen with a nurse. Pre-Surgical Screening: (585) 262-9180

Pre-Surgical Visit at CPM

You may need to meet with an anesthesia provider before your surgery. If you need to be seen, our scheduler will give you a call and arrange a convenient time to meet with a member of the anesthesiology team.

Preparing for procedure:

Medications

Most medications are ok to continue without problem however there are some medications you may be asked to stop prior to surgery. On the morning of surgery, take only the medications you are instructed to take. Contact your surgeon or CPM with any questions.

A. It is recommended that any herbal supplement, vitamin E, fish oil be stopped 7-10 days prior to surgery.

B. Blood thinning medications can require specific instructions: please don't decide by yourself- talk to us or your surgeon for assistance.

C. Certain weight loss medications can require holding prior to surgery: please don't decide by yourself- talk to us or your surgeon for assistance.

D. Diabetes medications can require specific instructions: please don't decide by yourself- talk to us or your surgeon for assistance.

Being your best for surgery

A. IF you smoke -QUIT.

Quitting smoking is one of the best things you can do to help yourself. Quitting 6-8 weeks before surgery is the best time to quit. But don't worry if you don't have that much time- QUIT NOW. Ask your healthcare provider for help or call the Healthy living center at (585) 530-2050.

B. Follow your health care provider's advice.

Follow the medication recommendations and diet instructions prior to surgery to help us keep you safe.

C. Call if you have a fever or feel sick before surgery.

Getting sick before surgery might mean your surgery should be delayed until you are better. Call your surgeon or CPM if you have a fever, productive cough or chest congestion.

D. Take care of your health

Poorly controlled medical problems can cause longer stays in the hospital, infections and other problems. Talk to your primary care doctor if your blood pressure, blood sugar or other medical problems are not controlled.

E. Eat healthy.

You need energy to heal. Good nutrition around the time of surgery will help you to heal well and have energy. Ask your health care provider if you need help with this.

F. Get adequate rest and exercise (unless your doctor has limited your activity).

G. Plan for your recovery.

You may need a family member/ friend to help you at home with things like rides, meals, or cleaning. The amount of support you need can vary depending on your health and the type of surgery you are having. Ask your surgeon about any limitations you might have after surgery. Most people will be tired and need extra rest. We recommend you have an adult stay with you the first 24hrs after discharge if possible.

H. Get a Primary care doctor if you don't already have one. For a list of URMIC providers accepting new patients see: <https://www.urmedicine.org/services/primary-care/pcp-search.cfm>

Day of Surgery Arrival time:

- A. Strong Hospital Main Operating room: call 585-275-8256 between 2:30 and 7pm the business day prior to surgery for arrival time.

- B. Strong Hospital Second floor Operating room (example: ophthalmology): call 585-273-4361 between 2:30 and 4:30pm the business day prior to surgery for arrival time.

- C. Sawgrass Surgery Center - You will be contacted with your arrival time between 2:00 and 5:00 p.m. on the business day prior to your procedure. You do not need to call yourself, however, if you have questions please call 585-242-1410.

- D. Strong West Surgical Center - You will be contacted with your arrival time between 3:00 and 4:00 p.m. on the business day prior to your procedure. You do not need to call yourself, however, if you have questions please call 585-758-8700.

Eating/Drinking Guidelines:

Follow these instructions below unless otherwise instructed by your surgeon or by the anesthesiology team.

Failure to follow these instructions, could lead to a delay or cancellation of your procedure

Adults:

- No solid food after Midnight the night before surgery. No candy, gum, mints or chewing tobacco.
- Clear liquids are ok up until 4 hours before surgery.
- Clear liquids include: water, apple juice, clear sports drinks (Gatorade), clear carbonated beverages.

Infants:

- No infant cereal or other solid food after midnight prior to your child's procedure.
- Breast fed infants may have breast milk up to 4 hours before arrival.
- Formula or Milk may have formula up to 6 hours before arrival.
- Clear fluids are allowed up to three (3) hours prior to your child's procedure. This includes water, apple juice (without pulp), Glucose water and Pedialyte. These are the only allowable fluids.

Children:

- No solid food after Midnight the night before surgery. No candy, gum, or mints.
- ONLY Clear liquids are ok up until 3 hours before surgery.
- Clear liquids include: Pedialyte, water or apple juice (without pulp) up to 3 hours before arrival.
 - For gastroparesis (delayed stomach emptying), reflux or obesity, discontinue all liquids as well as solids after midnight.

What to bring with you on the day of surgery

Only bring items that you will need before or after the procedure. Be prepared to leave items in your car or with your family/friend as there is no place to store items during the operation.

Bring the following:

- Photo ID and insurance information.
- Eye glasses and/or hearing aids: These may be removed prior to surgery so be prepared to leave them with a trusted family member.
- Advance directives (if you have one)
- Court-issued guardianship document (for legal guardians)
- CPAP mask and machine (if you have sleep apnea).
- Support equipment if you have it (sling, knee brace, cane and walker)

- Crutches can be left in the car if only needed for after surgery.
- Loose-fitting clothing
- Dentures, hearing aids, glasses and other necessities

Do not bring the following:

- Before coming to the hospital, remove all makeup, (including mascara), jewelry (including wedding band and watch), hair accessories and nail polish from toes and fingers.
- Do not bring any valuables (money, wallet, purse, jewelry, or contact lenses).

Additional Instructions:

- If you're feeling sick before your surgery, call CPM or contact your surgeon office.
- Your family will be directed to a waiting area when you are taken to surgery.
- We ask that only one or two family members accompany you on the day of your procedure.
- No children under the age of 12 are allowed as visitors in any of the Surgical Centers
- Additional visitor restrictions possible during influenza season
- Your family will be notified when your surgery is completed and you have arrived on the patient care unit
- You will not be allowed to drive yourself home from the surgical center. You will not be allowed to use a city cab, Uber, Lyft, or bus alone and unaccompanied by an adult (age at least 18) who is responsible for you. It is also strongly recommended you have a responsible adult available to assist you for the first 24 hours after discharge.
- If you are unable to find transportation, please contact our office (we would need to determine the best #) to see what options may be available to you.

CPM contact: (585) 262-9150 between 8am -4pm