



Preparing for Surgery at Rhode Island and The Miriam Hospitals



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Table of Contents

- Pre-Admission Testing at Rhode Island and The Miriam Hospitals 6
- Additional Medication Instructions..... 10
- Directions to Rhode Island Hospital..... 14
- Directions to The Miriam Hospital..... 15



The Miriam Hospital, Providence, RI 02906

- **Main Building: 164 Summit Avenue**
- **Surgery Center, The Norman & Rosalie Fain Health Centers, 77 5th Street**

Rhode Island Hospital, Providence, RI 02903

- **Ambulatory Surgery Center (ASC): 2 Dudley Street**
- **Davol (Main) Operating Room, enter through the Hasbro Valet entrance**

Pre-Admission Testing at Rhode Island and The Miriam Hospitals

Questions? Call 401-793-2960

In preparation for your upcoming procedure/surgery, please review and follow the instructions in this booklet. It will provide you and your loved ones with important information about your preparation for surgery.

Hand Hygiene

Hand hygiene is one of the most important things you can do to prevent infections. You should clean your hands before meals, or touching your eyes or

nose, after using the restroom, blowing your nose, coughing, sneezing, or touching hospital surfaces.

Clean your hands with an alcohol-based sanitizer or soap and water. This should take around 20 seconds.

Speak up for clean hands. Your healthcare provider should clean their hands every time they enter your room and when they remove gloves. Don't be afraid to use your voice to ask your healthcare providers if they have washed their hands.

Remember to follow any instructions your surgeon has given you. This may include special medication instructions, a special diet, prepping your bowels, or the need for additional testing.

Shower Instructions

Your skin needs to be as clean as possible before surgery. You can decrease the germs on your skin by following these instructions. **If you were given special soap, shower the night before and the morning of surgery with this soap called chlorhexidine.**



Night Before Surgery Shower Instructions

- Wash your face and hair with regular soap and shampoo. Rinse.
- Turn the water **off** (to prevent rinsing the soap off too soon).
- Apply the special chlorhexidine soap to a clean washcloth.
- Wash your entire body, **from the neck down**.
- Gently wash continuously for **five minutes**.
Do not scrub too hard.
- Do not use on any open wounds or internal areas.
- Turn the warm water back on and rinse off the special soap.
- Pat yourself dry with a **clean** towel. Do not rub your skin.
- Do **not** shave or wax near where you will have surgery.

- Do **not** apply any **lotions, oils, cream, or powder**.
- Dress in freshly washed clothes.
- Sleep on clean sheets the night before your surgery.

If you are having surgery above your neck, please wash your face with antibacterial soap that has Benzalkonium (examples include Dial antibacterial, Dove Men + Care antibacterial, Softsoap antibacterial).

Morning of Surgery Shower Instructions

- Repeat shower process, following the above instructions.
- You may brush your teeth and apply deodorant if you are not having surgery on your arm.
- Dress in clean, comfortable, loose-fitting clothing, and wear comfortable shoes with non-skid soles.



No smoking of any kind, the day before or day of surgery.

No use of Marijuana, THC, or CBD in any form for 24 hours prior to surgery.



Please consume two 8 oz glasses of water/apple juice. If you were given the pre-surgical drink, you will have the drink plus one 8 oz glass of water/apple juice. These drinks must be finished two hours before you arrive at the hospital.

If you have diabetes, please check your blood sugar the morning of surgery. If you have low blood sugar that morning, you may have clear apple juice.



Call your surgeon's office if you become sick or develop a skin condition in the days leading up to your surgery.



Fasting. Do not eat after midnight the night before surgery, including food, candy, gum or coffee.



No alcohol 12 hours before surgery.



Bring glasses, hearing aids and/or dentures and cases to keep them safe. No contact lenses.



Bring photo ID and health insurance card. You can also upload this information into the patient portal (MyChart). **Bring a list of your medications and the time of the last dose.**



Sleep apnea. Bring your machine with you to the hospital. Patients with sleep apnea may have an extended stay in the recovery room.



Remember, all jewelry and piercings must be removed at home before surgery. If not removed, your surgery might be canceled by the surgeon or anesthesiologist.



No makeup or perfume.



You will need a driver responsible for your care to take you home if you are not admitted to the hospital after your surgery. If you have arranged for transportation with a ride service, you must have a responsible adult accompany you home.



You may bring your **cell phone and charger.** Please leave your other valuables at home.

Additional Medication Instructions

It is important to follow your medication list attached for specific directions related to your surgery.



Some medications may increase your chances of bleeding before or after surgery. You may need to stop them for a short time before surgery. Your surgeon and/or prescriber will determine what is best for you. This includes **anticoagulant** medications and **NSAIDs (Non-Steroidal Anti-Inflammatory Drugs)**. Examples of these medications include: Advil, Ibuprofen, Motrin, Naprosyn, Meloxicam.

Prescriptions After Surgery

The Brown University Health Pharmacy can fill and deliver any discharge medications. You do not have to stop at the pharmacy before going home. **This is an optional program, offered for your convenience.**

Please ask your nurse for more information or visit the website **www.brownhealth.org/pharmacy**.

MyChart: How do I enroll?

MyChart is the internet patient portal where you can see lab results, learn about medical conditions, be informed about upcoming appointments, and much more.

- You will receive an automatic activation code either during your Pre-Admission Testing appointment or during your hospital stay.
- To enroll, visit **www.brownhealth.org** and click the “MyChart” button, then click “Sign Up for MyChart.”
- After you enroll, click “Log in to MyChart” anytime you wish to see your health information. If you are admitted to the hospital, you can use the MyChart app (IOS and Android) to log into your MyChart account and see your medical information while you are hospitalized.

What to Expect Pre-Operatively After Arrival

A preop nurse will review your medical history and medication list. An IV (intravenous) line will be started.

Your anesthesia provider will meet with you, review your medical history, and talk with you about your anesthesia care during surgery. Your surgeon will meet with you before your surgery and answer any questions you may have.

Anesthesia

Our goal is to provide you the best possible experience on the day of your procedure. We are here to answer any questions or concerns you have and to make an anesthesia plan that is personalized to your specific needs. There are different types of anesthesia available based on the procedure you are having. Types include general anesthesia, monitored anesthesia care (sedation) and regional anesthesia. Below are brief descriptions and possible side effects for each anesthesia type.

General Anesthesia

General anesthesia is the use of medicines to make a person “go to sleep” and be unconscious for a medical procedure. This often requires the use of a breathing tube connected to a ventilator to keep you safe during the procedure.

Common side effects may include:

- Nausea or vomiting
- A sore throat from the breathing tube
- Hoarseness
- Sleepiness or drowsiness
- Body aches
- Allergic reaction to medicines
- Dental injury

Monitored Anesthesia Care

There are three levels of sedation:

- **Mild sedation:** At this level, you may feel awake and relaxed. You will be able to follow directions.
- **Moderate sedation:** At this level, you will be sleepy. You may not remember the procedure.
- **Deep sedation:** At this level, you will be asleep. You will not remember the procedure.

Common side effects may include:

- Trouble breathing (If this happens you may require general anesthesia)
- Nausea or vomiting
- Prolonged sleepiness or drowsiness
- Allergic reaction to medicine

Regional Anesthesia

Regional anesthesia is a type of medicine that temporarily blocks feeling in one area of your body. Medication is injected near a nerve or a group of nerves and this will make that area of the body numb.

Common side effects may include:

- Pain
- Itching
- Headache
- Nerve damage
- Nausea
- Low blood pressure
- Allergic reaction to medicines
- Bleeding around the injection site



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to watch our video
to learn more



Directions to Rhode Island Hospital

From Points North: Take I-95 South. Take the Eddy Street exit, which is right after the I-195 exit ramp (Exit 36B). Stay left till the end of the exit. Turn right at the light onto Eddy Street. Turn right onto Dudley Street.

From Points East: Take I-195 South. Merge onto I-95 South. Take the Eddy Street exit (Exit 36B), Turn right onto Eddy Street. Turn left onto Dudley Street.

From Points South: Take I-95 North. Take the Point Street exit (Exit 36B). Turn right onto Point Street. Turn right onto Eddy Street. Turn right onto Dudley Street.

For surgery at Rhode Island Hospital: Take second right.



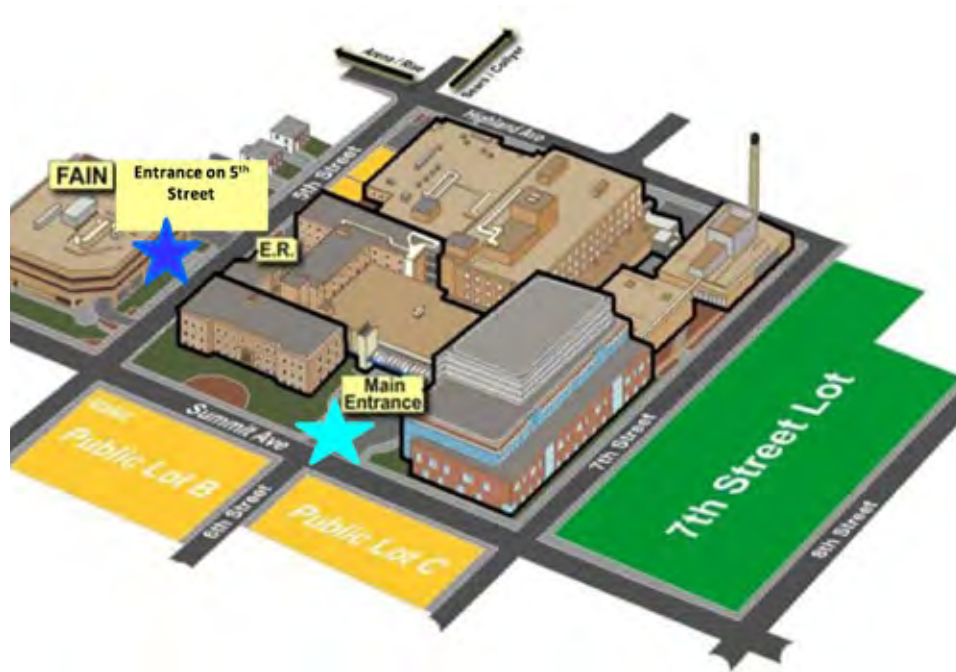
Directions to The Miriam Hospital

From Points South: Take I-95 North to exit 39B (North Main Street). Take the right fork in the exit lane (before bus station). Turn left onto North Main Street. Turn right onto 5th Street.

From Points East: Take I-195 West to I-95 north. Immediately get into the left-hand lane and follow I-95 North to exit 39B. Follow instructions above for "From Points South."

From Route 146 South: Take Branch Avenue exit and bear left at the light. Follow Branch Avenue to North Main Street. Take left at light and follow North Main Street through two lights. After second light, take your second right onto 5th Street.

From Points North: Take I-95 South to Exit 39B (North Main Street). Take a left at the top of the exit (Smithfield Ave). At the second light, take a left onto North Main Street. Take an immediate right onto 7th street. Take a right onto Highland Ave. and then a left onto 5th Street.



For the Main Building: From 5th Street, turn left onto Summit Ave. then turn left into the main entrance (aqua star).



Rhode Island Hospital
593 Eddy Street
Providence, RI 02903

The Miriam Hospital
164 Summit Avenue
Providence, RI 02906

Updated 2/26/25