



Jiannren Hospital Body Health and Beauty Center

Notes before surgery

- I. Confirm with the case manager and dietitian prior to the operation.
 1. Case manager: Arranging pre-operative examinations and provide better understanding of the surgical procedure of choice.
 2. Dietitian: Provide post-surgery diets and related information such as suitable food choices and cooking methods.
- II. Inspections before the surgery for safety concerns:
 1. Blood Test: empty stomach for 8 hours is required to ensure the safety of the operation.
 2. Gastroscope: evaluate possible inflammation, ulceration and Helicobacter infection. If the result is positive, additional treatment from the doctor will be needed (14 days, please take medicine according to the doctor's instruction). Empty stomach for 8 hours is required.
 3. Bone Density: understand preoperative osteoporosis.
 4. Abdominal Ultrasound: evaluate fatty liver conditions or any gallstones.
 5. Chest X-ray and EKG: evaluation to ensure operation safety.
 6. Anesthesia Assessment: operate by anesthesiologist to patient's condition during the operation.
- III. Inform the medical staffs for any of the following conditions:
 1. Installation of cardiac pacemaker.
 2. Blood coagulation dysfunction.
 3. Drug allergies.
 4. Any medication or specific diet such as anticoagulation, Chinese medicine, and supplements. Please bring the usual medications and medicines to the nursing staff when you are admitted to the hospital. Please follow the doctor's instructions of drug usage and advices before the operation.
(Products such as fish oil, ginkgo and other supplements have anticoagulant effects similar to drug effects.)
- IV. Confirm contents of Surgical Consent Form:
 1. Please read Surgical Consent Form, Anesthesia Consent Form and the anesthesia instructions carefully. After confirmation, please fill in personal information such as the telephone number, address, emergency contacts as well as other required information and hand it to the ward care staffs on the day of surgery.
 2. Before filling Surgical Consent Form, please acknowledge the mandatory post-operative medical instructions and recommendations to avoid misunderstandings or incompetence.
- V. Smoking is prohibited at least one month prior to the surgery.

Nicotine in cigarettes causes blood vessels to contract which increases burden to the heart, risk of platelet adhesion, as well as risk of heart attack and thrombosis. These consequences not only increase the risk of the operation but also lead to poor wound healing and risk of bronchiectasis pneumonia post-surgery.
- VI. Weight control before the surgery is important.

Weight gain will increase the risk of surgery and anesthesia operation.
- VII. Nursing staff should be informed if menstrual period is expected during the operation. Please



bring your own personal hygiene items with you.

- VIII. Please inform the staff if you are experiencing any illness such as fever or cold before the operation. General anesthesia during the surgery may lead to sputum accumulation and resulting postoperative cold symptoms.
- IX. If you have chronic hypertension and diabetes, please follow doctors' instructions accordingly for medications before the surgery as well as on the day of the surgery.
- X. For the safety of surgery, please limit the diet of the day before the operation to liquids only, such as sports drinks, and juice. Avoid large consumption of fish and meat prior to the operation, since it will increase risk of surgical infection and causes postoperative flatulence. Please begin fasting at the midnight of the day of hospitalization for effective anesthetic operation as well as prevent vomiting during the operation. **If you are working on the day of hospitalization, please leave after midnight the day before.**
- XI. The cost of surgery must be paid in advance to the day of hospitalization, the accepted methods are Credit card, Cash or Transfer. The total estimated cost will be given on invoice upon the first visit to the hospital. Surgery costs will be adjusted according to consumables at one's own expenses as well as hospital stays. For free customer parking, please park your car in the visitor parking lot and receive free parking pass from the nursing staffs or the case manager.
- XII. Please bring loose spare clothing during the hospitalization. Do not apply nail polish on your fingers and toes, as well as removing any crystal nails and other nail products.
- XIII. Free Wi-Fi access is provided, feel free to bring your own laptop.
- XIV. Feel free to call the consultation service line 07-3517166 ext. 1557 for any questions or concerns before hospitalization.

- Date _____ Day to begin liquid diet (whole day)
- Date _____ Fasting at 12 am (including water and any type of food)
- Date _____ Contact the hospital registration time from 13:30 to 17:00
- Date _____ Operation day