



## **Your Surgery Arrangements at a Glance:**

### **Surgery**

- Procedure:
- Alliance Surgeon:
- Surgery Date:
- Surgery Time:
- Arrive time: 2 hours prior to surgery time
- Location: University of Michigan Health -Sparrow  
1215 E. Michigan Ave  
Lansing, MI 48912

### **Post Op Appointments**

- Date:
- Time:
- Location: TeleMedicine



## Information About Your Surgery at University of Michigan Health Sparrow with Alliance OB-GYN

- **When you Arrive:**
  - Use “Parking Structure A” which is located on the North East corner of Michigan and Pennsylvania
  - Check in the desk in the front lobby, you will be instructed to use the Neuman Elevators and go to 3<sup>rd</sup> floor and check in at OB Emergency Room which is behind the glass blocks.
  - Two adult visitors may be at the bedside prior to surgery. During surgery, you can have one support person in the OR with you. In the immediate recovery period, one adult visitor can be at bedside. Children under the age of 12 are not allowed as visitors on Labor and Delivery.
- **Prepare to be flexible:** The operating rooms on Labor and Delivery are always being prioritized to most urgent needs. There are times that a scheduled procedure needs to be delayed to accommodate emergencies and other urgent care.
- **Teaching Hospital:** UMH - Sparrow is a teaching hospital with medical students and resident physicians. We can assure you that your Alliance Doctor will be doing the surgery and providing your care. The resident’s role will be primarily a surgical assistant to your Alliance Doctor to help achieve the best result in the safest way possible. The extra set of skilled hands is helpful under most circumstances.
- **Disability and FMLA Forms:** If you are expecting an extended leave from work due to medical reasons, you may need a disability/FMLA form completed. Contact your Human Resources department at your job for information about your benefits and what forms they require. Provide the forms to our Alliance team at the front desk to be completed. Forms are completed within 14 days of being received and are subjected to a \$10 processing fee per form

## Pre- Surgical Checklist

- **Pre-Register** online through your Sparrow Patient Portal “My Sparrow Chart”. If you do not have a Sparrow Patient Portal you can call 1-800-Sparrow
- **Blood work:** complete preoperative blood work 1-3 days prior to surgery. This can be done at any Sparrow lab, plan to do no more than 72 hours before surgery. The labs have been sent through electronically, although a printed lab slip is included.
- **Skin prep**
  - Avoid shaving near surgical site for 2 weeks prior to surgery
  - Complete chlorhexidine wash the night before surgery and the morning of surgery. You can buy chlorhexidine soap at most pharmacies and on Amazon. Directions on next page.
- **Changes in Medications**
  - Blood pressure medications: Take your blood pressure medications as normal
  - Blood thinners: If you are taking blood thinners (Lovenox, Heparin) modify the dose as instructed. If you have not received instructions, please call Alliance. Okay to continue low dose aspirin until surgery.
  - Diabetes: If you are taking diabetes medications (pills or injections) please modify your dose as instructed. If you have not received instructions, please call Alliance
- **Night before surgery**
  - Stop eating solid foods after midnight the day of your surgery. You can have small amount (8oz) of clear liquid clear liquid (water, apple juice, electrolyte replacement/sports drinks) up to 3 hours before your surgery
  - Take a shower with chlorhexidine, instructions below. You will repeat this the morning of surgery.



## **Preoperative Showering Instructions for Cesarean Section**

Infection can occur with any surgery. Some risk factors are related to type of surgery as well as other medical conditions you may have (diabetes, obesity, smoking). You can help reduce your risk by following these preoperative showering instructions.

To reduce your risk of surgical site infection, use 4% chlorhexidine soap (Hibiclens) to shower the night before surgery AND the day of surgery. Purchase 4% chlorhexidine for showering at local pharmacy or online store.

### **Shower Instructions**

1. Wash your hair (if needing to) using your normal shampoo/conditioner. Rinse completely.
2. Wash your face, body, belly and groin area with regular soap. Rinse completely.
3. Apply enough Hibiclens to a clean wet washcloth to gently wash your entire body. Do not scrub the skin. Wash your entire body from your neck down paying special attention to the planned surgical site, armpits, belly button and any folds. Do not apply directly to your eyes or genital area. Gently rinse your entire body.
4. Repeat this process a second time (Step 3), although before rinsing let the soap stand on your skin for two minutes. After the two minute wait period, gently rinse your entire body.
5. Dry off by patting your belly dry and drying off your entire body with a clean towel.
6. Do not apply any lotions, deodorants, or powders to your abdomen. Do not use perfumes of any kind.