What is the pre-op teaching appointment?

Approximately 1 to 7 days before your procedure you will be scheduled to return to the heart surgeon’s office for a pre-operative teaching appointment.

The purpose of the pre-op appointment is to not only inform you and your family what to expect before and after surgery; but also, to ensure that you are safely prepared for the procedure.

Before arriving for the appointment you will be instructed on how to have the following done:
- Blood and urine tests at Peacehealth Lab
- CXR at Mt Baker Imaging or hospital
- Other diagnostic tests ordered by the doctor

These tests are usually done with a week before the surgery.

The pre-op appointment will last approximately 2 1/2 hours and will include meeting with the RN and Cardiac Rehab Specialist.

We will discuss the following information:
- Health history, allergies, medications and update your electronic medical record
- Medication instructions
- Skin prep kit and instructions
- Fasting instructions
- Your care and routine at the hospital
- Essential activities to promote recovery
- Helper or coach role
- Your plan: going home and what you need
- Meet with hospital Pharmacist to pick-up pre-op medications and instructions
- Meet a Mended Hearts Volunteer (optional)