

Your pre-surgery checklist

This checklist should help you to be well prepared and to help prevent complications that may arise during surgery. Use this list by ticking the boxes.

If any questions arise along the way, you can write them down and take them to the hospital or contact the department by phone: [67 96 52 00](tel:67965200) (Monday to friday 10-11.30 and 12-14). More information about the department can be found at ahus.no/kirurgisk-avdeling-gardermoen.

Important preparations before surgery

1. Do you use medication?	
☐	no – go to point 4
☐	yes – learn the name, appearance, time you take the medications and why you take them
2. Do you use blood-thinning medications?	
☐	no
☐	yes – were you told if you should stop or when you should stop taking them before your surgery? If not, call two weeks before the surgery and clarify with the department.
3. Do you have an overview of which medications you take every day?	
☐	yes – remember to bring a medication list to the hospital
☐	no – contact your family doctor/GP and ask for a new medication list
4. Do you have diabetes, high blood pressure, cardiovascular disease, wounds that do not heal, or are you being treated for other chronic conditions?	
☐	no
☐	yes – make an appointment with your family doctor/GP before the operation, if you have not had a check-up in a year
5. Have you been abroad in the last 12 months and had dental treatment, medical treatment, been hospitalised or worked in a hospital?	
☐	no
☐	yes – make an appointment with your family doctor/GP for bacterial tests before admission, call the department and inform about the test result
6. Were you told that you should stop smoking and drinking alcohol and other drugs in advance of the surgery, to prevent complications?	
☐	yes
☐	no – request information from your family doctor/GP
☐	Not applicable
7. Were you told that certain activities and a nutritious diet before surgery can reduce the risk of complications? (check with your family doctor/GP about activity level)	
☐	yes
☐	no – request information from your family doctor/GP

Dental and nutritional status

8. Do you go to the dentist every year?		
☐	yes	
☐	no – <i>if it has been a while since you have seen a dentist, we recommend booking an appointment for a check before surgery</i>	
9.1 A) Have you lost weight lately without trying?		
☐	No	0
☐	Don't know	2
☐	Yes. How many kilos?	
☐	1-5 kg	1
☐	6-10 kg	2
☐	11-15 kg	3
☐	Over 15 kg	4
☐	Don't know	2
B) Have you eaten less than usual due to decreased appetite?		
☐	no	0
☐	yes	1
Total score:		
10. See the score from questions 9 A and B. Was the total score two or more?		
☐	yes – <i>make an appointment with your family doctor/GP to discuss whether the weight loss may have a special cause or effect on the surgery</i>	
☐	no	

¹ Point 9 is reproduced from the journal Nutrition, Vol. 15(6). Ferguson M, Capra S, Bauer J, Banks M. Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. 458-464.1999, with permission.

Two weeks before surgery

11. Have you read the invitation letter and other information you have received?	
☐	yes
☐	no – <i>it is important that you read the information we send you so that the operation can go as planned</i>
12. Do you know what surgery you will have and when you will have the surgery?	
☐	yes
☐	no – <i>call the department and clarify; see the contact information in your welcome letter</i>
13. Will you have blood tests a few days before surgery? Do you know when and where?	
☐	yes
☐	no
☐	Don't know – <i>check the welcome letter or contact the department</i>
14. Have you filled out the health information form on helsenorge.no?	
☐	yes
☐	no – <i>contact the department</i>
15. Are you being examined for other illnesses?	
☐	no
☐	yes – <i>call the department and let us know as soon as possible, if you have not informed your surgeon</i>
16. Advice – bring someone with you <i>Once you have received the information about the surgery, we recommend bringing a close family member or friend with you. They can also participate by phone.</i>	
17. Advice – nicotine <i>Nicotine from smoking, snuff and cigarettes increases the risk of complications, such as infection, poor wound healing and blood clots. We recommend that you stop smoking and taking snuff at least 14 days before surgery.</i>	

One week before surgery

18. Have you been informed about what to do if you become ill the week before admission?	
☐	Yes
☐	no – <i>let us know as soon as possible if you become ill before admission</i>

Plan discharge with healthcare professional before surgery

19. Have you been informed whether you will go home the same day as the operation or whether you will be hospitalised?	
☐	yes
☐	no – <i>clarify with a nurse</i>
20. Can someone stay with you for the first 24 hours after you return home from the hospital?	
☐	yes
☐	no – <i>inform the doctor or nurse if you have no one at home</i>
21. Is there anything you need to have ready at home (bandages, medications, aids, home care service)?	
☐	no
☐	don't know – <i>see the welcome letter</i>
☐	yes – <i>clarify with the nurse and write down what you may need</i>
22. Have you been offered rehabilitation or physiotherapy?	
☐	yes
☐	no – <i>clarify with the nurse if you need it</i>
☐	Not applicable

The day before surgery

23. Advice – Leave valuables at home. <i>The hospital has limited storage space and cannot take responsibility for valuable belongings.</i>	
24. Have you removed rings, jewelry, piercings, artificial nails, and nail polish?	
☐	yes
☐	no – <i>take everything off before admission</i>
25. Were you told whether or not you should have a bowel movement the day before your surgery?	
☐	yes – <i>clarify your routines with the nurse</i>
☐	no – <i>check the welcome letter and contact us if anything is unclear</i>
26. Have you been informed about when you should fast (not eat/drink/smoke/use snuff) before surgery?	
☐	yes
☐	no – <i>see the welcome letter</i>

27. Have you been informed about hygiene and shower routines before surgery?	
☐	yes
☐	no – <i>see the welcome letter</i>
28. Are you allergic to food, medications, or medical devices (such as latex)?	
☐	no
☐	yes – <i>state any allergies to the doctor or nurse when admitted to the hospital</i>
29. Do you use herbal remedies or dietary supplements?	
☐	no
☐	yes – <i>tell the doctor the names of these, and what you use them for</i>
30. Have you been informed about expected pain after surgery?	
☐	yes
☐	no – <i>clarify with the doctor or nurse what you can expect</i>

Preparations at the hospital

31. Have you been marked on the side or area where you will be operated?	
☐	yes
☐	no – <i>notify a nurse</i>
☐	Not applicable
32. Avoid feeling cold <i>It is important that you do not get cold just before the operation. Tell the nurse if you are cold or freezing</i>	
33. Checklist for safe surgery in the operating room <i>At Akershus Hospital, we do everything we can to ensure safe surgical operations. Before an operation, you must confirm your identity, what operation you are going to have and, if applicable, which side or area you are going to have surgery on. If you are not asked about this, we ask you to ask the staff to review the "safe surgery" checklist. helsedirektoratet.no/faglige-rad/sjekkliste-for-trygg-kirurgi/sjekklisten</i>	

Good luck with your surgery!

The checklist is an adapted version of checklists developed by Bergen Health Trust, based on Harris, K., et al. (2022). "Development and validation of patients' surgical safety checklist." BMC Health Serv Res 22(1): 259–259. Reprinted with permission.