



---

## Pre-Operative Instructions for Gynecological Surgery

As you prepare for your upcoming gynecological surgery with Capital Women's Care. To ensure a smooth and successful surgical experience, please review the following pre-operative instructions carefully:

### Prior to Surgery:

- Attending your preoperative visit is essential to review your medical history and ensure optimal preparation for your upcoming gynecological surgery.
- Speak with your physician regarding which medications should be continued or discontinued prior to your surgery.
  - a. For example, blood thinners are typically stopped 7-10 days before surgery.

### Day of Surgery:

- Bring a list of your current medications with you to the hospital.
- Do not take any aspirin, Advil, Motrin, ibuprofen, or similar medication for one week before your surgery unless directed otherwise by your physician.
- Refrain from eating or drinking anything, including water and gum, for 12 hours before your scheduled surgery time.
- Avoid consuming alcohol within 24 hours of your surgery.
- Arrive at the hospital 2 hours before your scheduled surgery time.
- Please refrain from wearing makeup or nail polish to your surgery.
- Avoid wearing contact lenses; glasses are recommended if you need vision correction.
- Bring your government-issued ID with you to the hospital.
- Leave jewelry, money, and valuables at home.
- Ensure that you have arranged for someone to drive you home after your surgery and to spend the first night with you.

We understand that preparing for surgery can be a stressful time, but following these instructions will help ensure your safety and comfort during the procedure. If you have any questions or concerns, please do not hesitate to contact our office.

---

1850 Town Center Parkway, Suite 459, Reston, VA 20190

P: 571.500.CARE F: 571.500.1009 W: [cwcreston.com](http://cwcreston.com)