

We know that going to hospital for surgery can be overwhelming, so we've put together a checklist of the important things to remember in the days before your operation as well as the day of the operation. See our separate checklists for **Preparing for Recovery After Surgery** and **What to Pack for Your Surgery** for additional advice about having surgery.

The information and content provided here is intended for information and educational purposes only. It is not an exhaustive list of points to think about at this stage of your treatment and it is not intended to substitute for professional medical advice. Please speak to your medical team about any queries in relation to your personal situation.



HELPING YOU THROUGH & BEYOND BREAST CANCER

PRE-OPERATION CHECKLIST

in collaboration with Dr Nazarin



NOBODY SHOULD FACE BREAST CANCER ALONE

Future Dreams Breast Cancer Charity provides practical and emotional support for those diagnosed with breast cancer, promotes breast health awareness and funds vital secondary breast cancer research.

At Future Dreams House you will discover an open, inclusive and safe space where you can be yourself, access the practical support you need and benefit from peer support from the point of diagnosis, throughout your treatment and beyond.

For details on all our in-person and virtual services please go to futuredreams.org.uk

FUTURE DREAMS HOUSE

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Nearest station: Kings Cross St Pancras - 3 minute walk

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Registered charity number in England and Wales: 1123526



PRE-OPERATION CHECKLIST

- Ensure you double check the date of your operation, the time you have to go in (set your alarm!) and where in the hospital you have to go.
- Make sure you know how you will get to the hospital – if someone will be dropping you off then make sure there is parking or a drop off location.
- You should be given information before your operation about when you should stop eating and drinking. Often this is 6 hours before your operation, and 2 hours before for water.
- Ask for a copy of your consent form or if you signed it ahead of time, bring it along on the day.
- If you are a diabetic, ensure you follow the specific guidance given about your medication/insulin.
- You should be told whether or not you can take your usual medication on the morning of your operation. Follow the guidance from your surgeon or hospital.
- It's always useful to take in a list of your usual medication with you.
- Some medication such as blood thinners may need to be stopped several days before your operation.
- Bring your medications along with you (in case of an overnight stay).
- Pack a bag the night before with your essentials depending on the length of your stay in hospital (see our separate checklist of what to pack in your bag).
- Stick to comfortable, loose-fitting clothes – you may be swollen or sore after surgery so you want to be as comfortable as you can.
- Leave valuables and jewellery at home.
- Pack a notepad and pen with you so that you can jot down anything important that the surgeon, anaesthetist or nurses tell you before the operation.
- It's also helpful to have your notebook at hand a few days before your op, to write down questions you may have for the surgeon or operating team.
- Ask a friend or family member to sit with you in hospital while you wait for your surgery.
- If you are going home on the same day, you may need a family member or friend to take you home especially if you've had a general anaesthetic. Organise this beforehand since you may be too sore or unable to after your surgery.

Thanks to Dr Nazarain, MBBS, BSC, MRCS, Clinical Research Fellow and Surgical Registrar Department of Cancer and Surgery Imperial College London.



Visit futuredreams.org.uk/information-hub for further practical tips, expert advice, personal stories and signposts to further information for people impacted by breast cancer, provided by people impacted by breast cancer.

TICKING OFF BREAST CANCER

OTHER CHECKLISTS YOU MAY FIND USEFUL INCLUDE:

- Questions to ask your surgeon, nurse or oncologist
- What to pack for your surgery
- Preparing for recovery after surgery
- Questions to ask before starting chemotherapy
- What to take to chemotherapy
- Newly diagnosed with breast cancer
- Preparing for chemotherapy

