



Pre-Surgical Checklist

Your surgery to-do list

Patient _____

Surgery date _____

Please complete every step below **before** your surgery date. Check each box as you finish, and bring this sheet to your appointments.

DONE	#	WHAT TO DO	DETAILS & TIMING
☐	1	Complete your pre-admission assessment Good Samaritan Pre-Surgical Services will contact you before surgery to review your health history and give you specific instructions by phone or in person. You may also call them directly.	Pre-Surgical Services: (513) 862-2775
☐	2	See your Primary Care Provider (PCP) Have a pre-operative medical clearance visit with your PCP within 30 days of surgery. Try to schedule it no later than one week before your surgery.	Clearances older than 30 days cannot be accepted. Bring this packet to your visit.
☐	3	Tell us about your specialists If you see any specialists — cardiology, oncology, hematology, neurology, etc. — let our office know so we can request clearance from them.	Some specialties do not require clearance. Please ask us if you are unsure.
☐	4	Complete your lab work Have your blood drawn within 30 days of surgery, as ordered.	Results older than 30 days cannot be accepted. Bring your results to your pre-op visit.
☐	5	EKG (heart tracing) If you are 50 or older , you need an EKG within 90 days of surgery. If you are younger and have a cardiac history, an EKG is also required.	Your PCP can complete this at your pre-op appointment.
☐	6	Stop vitamins & supplements — 2 weeks before Stop all vitamins, minerals, and herbal supplements 2 weeks before surgery. These can affect anesthesia, bleeding, immune function, and healing.	Not stopping may cause your surgery to be rescheduled. Ask if you are unsure.
☐	7	Blood thinners — ask before stopping If you take a blood thinner such as Plavix, Eliquis, Xarelto, or warfarin (Coumadin), your prescribing provider must tell you when to stop before surgery.	Do not stop on your own.
☐	8	Stop NSAIDs — 7 days before Stop non-steroidal anti-inflammatory drugs (NSAIDs) 7 days before surgery.	Examples: ibuprofen, naproxen, aspirin, diclofenac (Voltaren), Celebrex, Aleve, meloxicam.



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ALSO IMPORTANT — IN THE WEEKS BEFORE

- ☐ **Quit smoking & vaping** — ideally 4+ weeks before; limit alcohol.
- ☐ **Book dental cleanings before surgery** — none 6 wks before / 6 mo after.
- ☐ **Fill your prescriptions early** so they're ready at home.
- ☐ **Tell us if you get sick** — fever, cold, flu, COVID, or a rash near the site.
- ☐ **Control diabetes, blood pressure & weight** with your PCP.
- ☐ **Arrange physical therapy now** — it often starts 1–3 days after surgery.
- ☐ **Bring a full medication & supplement list** (with doses).
- ☐ **Line up a ride & an overnight helper** for the first day.

GOOD SAMARITAN PRE-SURGICAL SERVICES

PHONE **(513) 862-2775** HOSPITAL **375 Dixmyth Ave, Cincinnati, OH 45220**

Call with questions about your pre-admission testing, medical documents, or medications. For questions about the surgery itself, contact Dr. Pettit's office.

ON THE DAY OF SURGERY

- ✓ Do not eat or drink after the time your care team instructs.
- ✓ Bring a photo ID, your insurance card, and this packet.
- ✓ Wear loose, comfortable clothing; leave valuables at home.
- ✓ Arrange a responsible adult to drive you home and stay with you.
- ✓ Take only the medications your surgeon or anesthesia team approves.
- ✓ Follow all bathing and skin-prep instructions you are given.



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