

Surgery Preparation Checklist

Record the instructions supplied by your surgical and hospital teams. Their individual plan always takes priority.

Patient planning tool

PATIENT AND PLANNED PROCEDURE

Name

Procedure

Surgery date

Hospital

Admission time

Surgeon/team

DECISION AND PRE-OPERATIVE REVIEW

- ☐ I understand why surgery is advised
- ☐ Alternatives and no-treatment option discussed
- ☐ Benefits and important risks discussed
- ☐ Expected hospital stay discussed
- ☐ Required tests/anaesthetic review completed
- ☐ Expected recovery and support discussed

MEDICINES—RECORD ONLY THE TEAM'S INSTRUCTIONS

Medicine	Continue	Stop/adjust from	Restart advice

Do not stop blood thinners, diabetes medicines, weight-management medicines or any prescribed treatment without explicit instructions from the prescribing or surgical team.

MY HOSPITAL'S FASTING INSTRUCTIONS

Stop solid food at _____

Date _____

Clear liquids allowed until _____

Special instructions _____

If the written fasting plan is missing or unclear, contact the hospital. Do not guess or use a general internet rule.

ADMISSION AND HOME ARRANGEMENTS

- ☐ Admission papers and identification packed
- ☐ Reports/images requested by the team packed
- ☐ Allergy and medicine lists packed
- ☐ Loose clothing and essential assistive devices packed
- ☐ Transport home arranged
- ☐ Adult support at home arranged if required
- ☐ Food, fluids and prescribed medicines available at home
- ☐ Hospital contact and urgent-help plan saved

QUESTIONS BEFORE ADMISSION

Contact the treating team before admission if you develop fever, cough, vomiting, diarrhoea, a skin infection or another new illness. Seek emergency care for severe or rapidly worsening symptoms.

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Appointments

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