WELCOME to Surgical Services at UnityPoint Health – Marshalltown. We’re located on the second floor of the hospital, inside the main entrance.

You have been scheduled for a surgery/procedure on

______________________.

Most patients go home the same day. Your surgeon will tell you ahead of time if you need to stay in the hospital overnight.

For more information:
UnityPoint Health® – Marshalltown
55 UnityPoint Way
Marshalltown, IA 50158
(641) 754-5151

unitypoint.org/marshalltown
How to Get Ready

• You will need an appointment with your regular doctor/provider 1-2 weeks before surgery.

• At this appointment, your doctor will tell you if you need to start or stop any medicines before surgery.

Pre-Op Phone Call

You will get a call 1-3 business days before surgery.

• The nurse will tell you what time you should arrive at the hospital and ask about the medicines you take.

• There will be other questions based on your health history and the surgery for which you are scheduled.

• The nurse will tell you which medicines to take or not take the morning before surgery.

Morning of Surgery

• Do not eat or drink anything after midnight.

• Do not wear make-up, jewelry or nail polish.

• Do shower or bathe, wash your hair and brush your teeth. DO NOT SHAVE.

• Please leave valuables at home.

• Wear loose, comfortable clothing.

• Bring photo ID and insurance card with you.

• Use main entrance and go to registration.

• Bring a responsible, adult driver. You will not have your surgery if you do not have a driver.

Failure to follow these instructions could jeopardize your safety and could result in your surgery being canceled.

When You Go Home

DO:

• Have a responsible adult drive you home.

• Go home, rest and relax. Take it easy, and change positions slowly so you don’t get lightheaded or dizzy.

• Follow printed discharge instructions given to you by your nurse.

• Start with small meals so you don’t get sick to your stomach.

• Take pain medications with food, toast or crackers.

• Drink plenty of fluids.

• Call the surgeon’s office if you have any questions or concerns. That phone number is on your discharge instructions.

• Go to your follow-up appointment at the surgeon’s office, which is also on your discharge instructions.

DON’T:

• Drive any motor vehicles or other hazardous equipment (for example, a car, truck, tractor or mower) for 24 hours.

• Drink any alcohol or beer for 24 hours.

• Make any important financial or legal decisions for 24 hours.