

Pre-op John Muir Medical Center – Walnut Creek Campus

OB-GYN Specialists performs most of its inpatient surgery at this facility. Occasional outpatient procedures are scheduled here as well. John Muir has a well-deserved reputation for its excellent care and service.

When you are scheduled for surgery, you will also be scheduled for a pre-op appointment at our office (unless you have been seen there very recently) and one with a hospital nurse. At our office, we will discuss the procedure with you, and the risks, benefits and alternatives associated with it. We will also review your medical history and do a physical exam. Any questions you may have can be answered at this time. If you want another person to accompany you to this appointment, you are welcome to do so. You will be instructed to have “nothing by mouth” for 8 hours before the surgery. This means no water or food.

You will then have an appointment with the John Muir pre-op nurse. She will pre-register you and make sure all relevant clinical information (orders, History and Physical, consent form) is available for your chart. Please bring your insurance card and any paperwork given to you by your doctor. Blood tests and an EKG will be done if needed. You will be told where to go on the day of surgery.

On the day of surgery, wear comfortable clothing. Please arrive two hours prior to your procedure time. Bring a list of all your medications, and an inhaler if you ever use one. You will be admitted, change into a gown and wait (with a family member or friend if you choose) in the Pre-op area. There, you will speak to several nurses and the anesthesiologist. An IV will be started and you will be escorted to the operating room.

The anesthesiologist will give you medications to relax you while attaching monitors and positioning you for the procedure. The next thing you know, you will be waking up in the Recovery Room.

In the Recovery Room, a nurse will be with you continually. She will give you pain medication if needed to keep you comfortable. Due to privacy concerns, family members are not allowed in the Post-op area. When you are awake and stable after surgery, you will be discharged to a regular hospital room. Your family may join you there.