

Preparing for your procedure

This guide explains how to prepare for every step, before and after, your procedure. If you have questions, talk with your surgeon or the care team in your pre-procedure interview.

In this document, you will find information on

- [Pre-procedure checklist](#)
- [Pre-procedural evaluation](#)
- [Fasting guidelines](#)
- [Pre-procedural skin preparation](#)
- [Planning for your arrival](#)
- [What to do the day of your procedure](#)
- [What to expect after your procedure](#)
- [Paying for your procedure](#)
- [Locations](#)

Pre-procedure checklist

Use this checklist to help you stay informed about your upcoming procedure. If you have questions, please contact your designated Inova pre-procedural evaluation clinic.

- Complete your medical history questionnaire in MyChart as soon as possible. If you don't have a MyChart account, sign up at [inova.org/MyChart](https://www.inova.org/MyChart)
- Do not start a new GLP-1 medication (such as Wegovy®, Ozempic®, Mounjaro®, Zepbound® or others) until after your procedure
- Watch for a call from your surgeon's office if your surgery date or time changes, up to one business day before your procedure
- Call your surgeon's office if
 - Your procedure needs to be rescheduled or canceled
 - You feel sick or have a fever (do not wait until the day of your procedure)

72 hours before your procedure

- Remember to check your diet instructions in this document
- Remember to review all medication instructions in this document

Your pre-procedural evaluation

During your pre-procedural evaluation, we will

- Review your medical history, medications, and any required tests
- Evaluate test results and coordinate follow-up with your care team
- Ensure all Inova documentation and external records are complete
- Provide pre-procedure and day-of-procedure instructions, including fasting and medications
- Answer your questions

The pre-procedural interview usually takes 30 to 90 minutes and may be by phone, virtual visit or in person. Schedule as early as possible. Please let us know when scheduling if you need an interpreter.

Pre-procedural evaluation appointment date:

Pre-procedural evaluation appointment time:

Pre-procedural evaluation location (please select one)

- Inova Pre-Procedural Evaluations – Alexandria
4320 Seminary Rd.
Alexandria, VA 22304
Phone: 703-504-7880
- Inova Pre-Procedural Evaluations – Willow Oaks (Fairfax)
8260 Willow Oaks Corporate Dr. #650
Fairfax, VA 22031
Phone: 703-776-2000
- Inova Pre-Procedural Evaluations – Fair Oaks
3700 Joseph Siewick Dr., #100
Fairfax, VA 22033
Phone: 703-391-4809
- Inova Pre-Procedural Evaluations – Loudoun
44045 Riverside Pkwy. #165
Leesburg, VA 20176
Phone: 703-858-8192
- Inova Pre-Procedural Evaluations – Mount Vernon
2501 Parkers Ln.
Alexandria, VA 22306
Phone: 703-664-7545

Fasting guidelines

Please follow these instructions carefully if your procedure involves anesthesia or sedation. Not following these guidelines may increase your risk of complications and result in your procedure being delayed or rescheduled.

Important notes

- **Do not start a new GLP-1 medication** (such as Wegovy®, Ozempic®, Mounjaro®, Zepbound® or others) until after your procedure.
- **If you stopped a GLP 1 medication in the last 5 weeks**, you must follow the GLP-1 special diet and fasting instructions. Please tell your provider that you stopped this medication before your procedure.
- **Patients with delayed gastric emptying** must follow a low-fat diet with easy-to-digest foods starting 48 hours before scheduled procedure.
- **Fasting longer is safer and helps reduce the risk of complications.** If your surgeon asks you to fast longer than these guidelines, follow your surgeon’s instructions. If the fasting time is shorter, follow the guidelines in this document.

Standard fasting requirements

Timing	Instructions
11 p.m. the night before your procedure	Stop solid foods, soup, and non-clear liquids. <i>You may only have acceptable clear liquids (listed below) after this time.</i>
6 hours before your procedure	For children, stop infant formula
4 hours before your procedure	For children, stop breast milk
2 hours before your procedure	Stop everything by mouth

GLP-1 and delayed gastric emptying fasting requirements

Timing	Instructions
24 hours before your procedure	Do not eat solid foods, soup, or drink non-clear liquids for 24 hours before your surgery time. <i>You may only have acceptable clear liquids (listed below) within 24 hours of your surgery time. If you don't know your procedure time, stop eating solid foods, soup, or drink non-clear liquids at 7 a.m. the day before your procedure.</i>
8 hours before your procedure	Stop drinking enhanced high-carbohydrate liquids (such as Clear Fast® and Ensure Pre-Surgery Clear Carbohydrate Drink)
4 hours before your procedure	Stop everything by mouth

Definition of clear liquids: Water, apple juice, sports drinks (such as Gatorade®) and black coffee or tea without milk, cream or honey.

Pre-procedural skin preparation instructions

To help reduce the risk of infection, clean your skin with a germ-killing solution called **chlorhexidine gluconate (CHG), 4%**, before your procedure.

When to use CHG

For most procedures

Take **two** showers:

- One the night before your procedure
- One the morning of your procedure

For spine or joint replacement surgery

Take **three** showers:

- One each of the two nights before your procedure
- One the morning of your procedure

Where to buy CHG

CHG is available at most pharmacies—no prescription needed. Common brand names are Hibiclens, Hibistat, Exidine, and Hex-A-Clens. If you need help, ask a pharmacist.

You will need approximately 2–4 ounces of CHG solution per shower.

How to use CHG

1. Shower with your regular soap and shampoo and rinse off completely.
2. Turn off the water and apply CHG with your hands (not a washcloth or sponge). **Avoid your face, scalp, and genitals.** *If you are having brain or head surgery, please follow instructions for your care team.*
3. Gently scrub your entire body—especially around the procedure site—**for 3 minutes.**
4. Rinse off the CHG completely.
5. Dry off with a clean towel.
6. Do not apply lotion, deodorant, powder, or perfume.
7. Put on clean pajamas or clothing.
8. On the morning of your procedure, repeat these steps—but do not use regular soap or shampoo. **Use CHG only.**

CHG safety tips

- If assistance is needed, the helper should wash their hands thoroughly first.
- Use CHG only in the shower. If showering is not possible, contact your surgeon for alternative instructions.
- Stop using CHG and contact your surgeon if you notice redness, rash, or skin irritation.
- Avoid close contact with pets after CHG showers, as they can introduce bacteria.

Hair removal guidelines

- Do not shave or use hair removal products within 24 hours of your procedure—CHG can irritate freshly shaved skin.
- If you must shave, do so **before** using CHG and **more than 24 hours before** your procedure.
- If necessary, your surgical team will perform any hair removal in the operating room.

Plan for your arrival

1. Arrange for transportation

- **Plan for transportation home.** For your safety, **you cannot drive or take public transportation alone after sedation or anesthesia.** A responsible adult must take you home. If you use a taxi or rideshare service, another adult must ride with you. We also strongly recommend having an adult stay with you for the first 24 hours after your procedure.
- **If the patient is unable to make care-related decisions,** an appropriate adult must accompany them and be available to sign consent forms.

2. Plan ahead for childcare

Children are not allowed in the procedural area unless they are the patient. Only one family member may accompany you into the procedural area. Please limit visitors on the day of your procedure. To learn more, visit [inova.org/visitor](https://www.inova.org/visitor).

What to do if you need to reschedule or you're feeling sick

- **If you need to reschedule or cancel your procedure,** contact your surgeon as soon as possible.
- **If you develop respiratory symptoms (such as cold, fever, persistent cough, or infection) within 48 hours of your procedure,** we will reschedule your procedure for your safety. Call your surgeon right away if you feel sick or develop a fever before your procedure. Do not wait until the day of your procedure.
- **If symptoms start over the weekend or when the office is closed,** call the after-hours number or contact your care team using the number provided in your instructions.

What to do the day of your procedure

1. What to bring

- Valid photo ID, insurance card, pharmacy card, and form of payment (check, cash, or credit card).
- Share a copy of your advance directive via MyChart or by email (acpsubmission@inova.org), if available. To learn more, visit [inova.org/advancedirective](https://www.inova.org/advancedirective).
- For hearing aids, bring a case labeled with your name and date of birth.
- For prescription glasses, bring a case. Please leave contact lenses at home.
- If you use a CPAP or BiPAP machine and are scheduled for an outpatient procedure, bring it with you. If you are being admitted, Inova will provide a temporary unit.

2. What to wear

- Wear loose-fitting, comfortable clothing.
- Leave all valuables and jewelry at home. Remove all rings and piercings before you arrive.

3. Medication guidelines

For your safety, patients should not bring or use any medications from home or prescribed by another provider unless directed by their hospital healthcare team.

This includes but is not limited to

- Prescription drugs
- Over-the-counter medications (such as aspirin, ibuprofen, acetaminophen, Zyrtec, Claritin, or asthma medication)
- Herbal or alternative therapies

The hospital team will order, inspect, and verify all medications required during your stay. If you have questions, contact your care team.

What to expect after your procedure

After your procedure, you will move to a recovery area where our team will monitor you as you wake up. Most patients go home within 2 to 4 hours, but your recovery time may be longer depending on your procedure and how you feel.

- Before you leave, we will review your discharge instructions with you and the adult taking you home. You will receive information about medicines, follow-up care and how to continue your recovery at home.
- If your procedure location has a pharmacy, you may be able to fill your prescriptions before you go home.

Paying for your procedure

Before your procedure, Inova's patient financial services will:

- Verify your coverage and benefits
- Obtain required authorization from your insurer
- Help you to understand your expected financial liability
- Set up any financial arrangements

If we are unable to reach you, please be prepared to pay any applicable copay or coinsurance on the day of your procedure.

Expect to receive more than one bill after your procedure

First, we will bill your insurance for services related to your procedure. If your plan leaves a remaining balance, such as a deductible, copay, or coinsurance, you will receive a bill.

You may also receive multiple bills from the providers involved in your care, including the hospital or surgery center, your surgeon, and your anesthesiologist.

- **Hospital or surgery center bill:** This facility bill covers the hospital or surgery center, including staff, supplies and equipment used during your care.
- **Surgeon bill:** If you have questions about this bill, contact the surgeon listed on your bill.
- **Anesthesiologist bill:** This bill covers the anesthesia services you received during your procedure. If you have questions about this bill, contact the anesthesiology group listed on your bill.
- **Cosmetic procedures:** Cosmetic procedures must be paid for in advance.

Questions about billing and price estimates?

- For questions or payments, call Inova's **Patient Financial Services** at 571-472-5750.
- For estimate questions, call Inova's **Price Estimates Support Team** at 571-472-3300.

You can also create your own estimate via MyChart. To learn more, visit [inova.org/hospitalcharges](https://www.inova.org/hospitalcharges).

Need financial assistance?

Inova offers financial assistance to patients who need help with their medical bill—either through MyChart, mail, or in-person. For more details, call Inova's Financial Assistance Team at 571-472-5880 or visit www.inova.org/patient-and-visitor-information/financial-assistance.

Locations

Alexandria area

Inova Alexandria Hospital Surgery Center

4320 Seminary Road
Alexandria, VA 22304
703-504-3000

More information: www.inova.org/locations/inova-alexandria-hospital-surgery-center

Inova Mount Vernon Hospital Surgery Center

2501 Parkers Lane
Alexandria, VA 22306
703-664-7000

More information: www.inova.org/locations/inova-mount-vernon-hospital-surgery-center

Annandale / Falls Church / Fairfax (Inova Fairfax Medical Campus)

Inova Woodburn Surgery Center

3289 Woodburn Rd, #130
Annandale, VA 22003
571-472-7030

More information: www.inova.org/locations/inova-woodburn-surgery-center

Inova Fairfax Hospital Surgery Center

Inova Fairfax Medical Campus
3300 Gallows Road
Falls Church, VA 22042
703-776-5900

More information: www.inova.org/locations/inova-fairfax-hospital-outpatient-surgery-center

Inova Professional Services Building – Surgery Center

Inova Fairfax Medical Campus
3300 Gallows Road
Falls Church, VA 22042
703-776-6630

More information: www.inova.org/ifmc/psb-surgery

Inova Saville Cancer Screening and Prevention Center

8081 Innovation Park Dr, Pavilion - Level P1
Fairfax, VA 22031
571-472-3500

More information: www.inova.org/locations/inova-saville-cancer-screening-and-prevention-center

Fair Oaks area**Inova Fair Oaks Hospital Surgery Center**

3600 Joseph Siewick Drive

Fairfax, VA 22033

703-391-3600

More information: www.inova.org/locations/inova-fair-oaks-hospital-surgery-center

Leesburg / Loudoun area**Inova Loudoun Hospital Surgery Center**

44045 Riverside Pkwy

Leesburg, VA 20176

703-858-6490

More information: www.inova.org/locations/inova-loudoun-hospital-surgery-centers