

## Tips for Preparing for Surgery

Review these recommendations before surgery and refer to them on surgery day.

- 1. Meet with your surgical team before surgery to discuss:**
  - How your symptoms might interfere with or be impacted by surgery.
  - Sticking to your PD medication schedule as much as possible.
  - Anesthesia options (see page 20).
  - Medications to avoid. For safe alternative see page 32.
- 2. Encourage your surgical team to consult with your Parkinson's doctor.**
- 3. Confirm your exact medications are available in the hospital pharmacy.** If not, ask to supply your own medications in their original bottles.
- 4. Continue your PD medications up to your surgery whenever possible** (see page 22). Ask to schedule surgery early in the morning to minimize gaps in your medication schedule.
- 5. Ask if you can restart your PD medications directly after surgery in the recovery room — even before you are allowed to eat.** Explain that getting back on your regular medication routine will help manage your PD symptoms and reduce recovery time.
- 6. Plan to get moving as soon as possible.** Let your rehabilitation team know you have PD so they can consider your symptoms in the treatment plan.
- 7. Take care of your body in the days leading up to surgery.** Prioritize sleep, eat healthy foods and drink plenty of fluids. Follow any instructions about when to stop eating or drinking before surgery.