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. Get moving as soon as possible. Let your rehabilitation team know you have Parkinson’s so they can consider your PD symptoms in the treatment plan.