

Pre-Surgery Checklist

Bombay Spine Clinic™
Patient Preparation Guide

Before Your Surgery

Preparing well before surgery helps improve safety and supports a smoother recovery. Use this checklist during the week before your planned surgery.

Medical Preparation

- Complete advised blood tests and investigations.
- Carry MRI, X-rays, CT scans and previous records.
- Attend physician/cardiologist/anaesthetist review if advised.
- Inform your doctor about allergies, medications and previous surgeries.
- Discuss blood thinners and diabetes medicines.

Lifestyle Preparation

- Stop smoking.
- Avoid alcohol 48–72 hours before surgery.
- Eat a protein-rich balanced diet.
- Stay hydrated unless restricted.
- Sleep well the night before surgery.

Hospital Admission

- Carry government ID.
- Insurance documents.
- Medical records and imaging.
- Current medication list.
- Loose comfortable clothes.
- Slippers.
- Phone charger.

Night Before Surgery

- Follow fasting instructions.
- Take only approved medicines.
- Shower and wear clean clothes.
- Remove jewellery and valuables.
- Arrange a responsible attendant.

Day of Surgery

- Reach hospital on time.
- Carry all reports.
- Do not eat or drink unless instructed.
- Inform staff if you have fever or illness.
- Clarify any doubts before consent.

Questions for Your Surgeon

- Which surgery is planned?
- Expected benefits?
- Possible risks?
- Hospital stay?
- When can I walk, drive and work?
- Post-operative precautions?

Reminder: Follow the specific instructions provided by your treating surgeon and anaesthesia team.

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