



Pre-operative Readiness & Education Program (PREP)

The MMC Pre-operative Readiness & Education Program (PREP) is committed to helping you and your family prepare for surgery at our Bramhall Campus or Scarborough Surgery Center.

What is PREP?

There are two parts to PREP, a **PREP phone call** and you may be scheduled for a **PREP visit**. Every surgical patient will have a phone conversation with a PREP Nurse. Some patients will also be asked to come to the PREP clinic for an in-person visit. This depends on the type of surgery, and any health conditions you have.

Who is part of the PREP team?

The PREP team is a group of providers with one goal in mind - to get you ready for surgery so that you have the best possible outcome. They will work closely with you and your primary care doctor to coordinate your care from the day you consider surgery, through full recovery. The team includes:

- Your surgeon
- Anesthesia doctors and mid-level providers
- Hospitalists (doctors who work in the hospital)
- Nurses
- Clinical and administrative ancillary staff

When are PREP phone calls and visits scheduled?

PREP calls are held Monday through Friday between 8:00 AM and 6:00 PM. These calls are not scheduled in advance. A nurse will call you before your surgery or you may be asked by your surgeon's office to call PREP prior to your visit. If you are not able to speak at that time, that's ok. You can call us back when you are ready.

PREP visits are scheduled Monday through Friday between 8:00 AM and 4:00 PM.

What happens during the PREP phone call?

Your PREP call can last anywhere from 15 to 45 minutes. At that time, the nurse will review:

- What you can eat or drink before surgery
- Your health history
- Medicine you should, or should not take, before surgery
- Where to go on the day of your surgery

What happens during the PREP visit?

PREP visits are held at 335 Brighton Avenue, Portland, ME. This may last 1 to 2 hours, depending on who you will be meeting with and what tests you may need. During your visit you will meet with your PREP team to discuss:

- How you will be kept comfortable and safe during surgery
- Any health conditions that need to be addressed

What should I have with me?

Please have these items with you during your call and bring them to your visit:

- A list of all the medicines you take, the dosage, and then time you take them. This includes prescriptions, over the counter medicines, vitamins, and supplements
- A list of your allergies, including medicines, food, or medical supplies like gloves, tapes or bandages
- Any handouts or booklets given to you by your surgeon or nurse
- List and dates of your past surgeries

What if I have more questions?

Please feel free to call us at **(207) 662 -8217**, Monday through Friday, from 8:00 AM – 4:30 PM.

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335 Brighton Avenue, Portland, ME 04103
(800) 838-8217 (PREP RN Line)

