PATIENT CHECKLIST

12 questions to ask before planned surgery

Four areas: the decision, the team, the cost and the recovery. Write the answers down before admission.

Swipe →

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THE DECISION

Why, why now, and what else

1. **Why is surgery recommended, and why now?**
   What it is meant to achieve, and whether timing matters
2. **What are the alternatives, including waiting?**
   A second opinion is a normal request for planned surgery
3. **What does a good outcome look like for someone like me?**
   Recovery and results, in plain words

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THE TEAM

Who operates and what if things change

1. **Who will perform the surgery and who else is involved?**
   Surgeon, anaesthetist and who looks after you on the ward
2. **What happens if I need extra care?**
   Is ICU or specialist support available on site?
3. **What tests and preparation are needed before admission?**
   Pre-op tests, fasting, medicines to stop: get it in writing

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THE COST

Get every number in writing

1. Can I have a written estimate with inclusions and exclusions?
2. Which implant or device options exist, and what do they cost?
   Get your choice confirmed in writing
3. What will my insurance pay, and what will I pay?
   Cashless eligibility, room-rent limits and non-payable items

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THE RECOVERY

Plan the weeks after, before admission

1. **How long will I stay, and when back to normal activity?**
   Plan leave, travel and care at home

2. **What support will I need at home?**
   Physiotherapy, dressings, equipment or a caregiver, planned before discharge

3. **Who do I call if something worries me after discharge?**
   A named contact and the signs that need urgent attention

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ONE-PAGE RECORD

Question, answer, who answered

DECISION	Why surgery, why now, and the alternatives
TEAM	Surgeon and anaesthetist
COST	Estimate, exclusions and insurance coverage
RECOVERY	Length of stay and home support
CONTACT	Who to call after discharge

Families hear a lot in a short consultation. A written record helps you remember and compare.

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FOR HOSPITALS

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Every question on this list is predictable. Hospitals that answer them in a pre-admission leaflet, a short video or a counselling call reduce anxiety, cancellations and billing disputes.

It is also the best content a hospital website can publish.

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READ THE FULL GUIDE

The 12 questions, in full

- All twelve questions with what to listen for
- The printable one-page record
- What to do if costs change during your stay
- gauravphogat.com/questions-to-ask-before-surgery

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