

- **Educate your healthcare givers!**
  - Tell your surgeon, anesthesiologist, and other physicians and staff involved in your hospital care that you have Sjögren's.
  - Share information about your dryness symptoms and routine care.
  - Distribute copies of this patient education sheet, Foundation brochures, and information from [sjogrens.org](http://sjogrens.org).
- Expect to review all medications and receive instructions regarding pre-surgery medications.
- Talk to your doctor about bringing medications and OTC products that are not commonly stocked in hospital pharmacies.
  - *Examples include:* Salagen®, Evoxac®, and Restasis® eye drops, gels, and ointments. Oral lubricants, lip moisturizers, and nasal sprays. Brand-name drugs when generics are not as effective for you.
- Provide your physician with a final list of medications you will bring to the hospital. Ask your doctor if an order can be included on your chart stating that you may take these medications on your own.
- Inform hospital personnel during the pre-admission visit or phone call about medications you are bringing.
- Ask the nurse to speak with the anesthesiologist to obtain permission for you to take Salagen® or Evoxac® the morning of your surgery if it is part of your routine care.
- Keep your eye drops with you to be used immediately before going into the operating room, by the anesthesiology staff during surgery, and by the recovery room staff.
- Keep all prescription and OTC medications/products in their labeled pharmacy container or packaging. This is important in case any question arises, and because all of your medication will be sent to the hospital pharmacy for verification.
- Depending on hospital policy, you may be allowed to keep your medications at your bedside, or they may be administered by a nurse. OTC products probably can be kept at your bedside for use as needed.
- Bring only enough medication for the days you anticipate you will be in the hospital.
- Anticipate being more dry than usual after surgery. You may want to bring extra drops and oral moisturizers. Consider using a nasal moisturizer before surgery, even if you do not routinely use one.
- Remember to bring skin products such as soaps and lotions with you to use in place of hospital products that may be irritating or not as effective.
- Inform your providers of arthritis-related problems, particularly those involving the neck, jaw, or back.

For more information on Sjögren's, visit the Foundation website at [www.sjogrens.org](http://www.sjogrens.org), call 301-530-4420, email [info@sjogrens.org](mailto:info@sjogrens.org), or write to the Sjögren's Foundation, 10701 Parkridge Blvd, Ste 170, Reston, VA 20191

*Clinicians: Please make multiple copies of this Patient Education Sheet and distribute to your patients.*