

Instructions for Patients

1. Bring your insurance card and your photo ID with you.
2. Complete and bring with you the Patient information Form and Medication List.
3. Do not eat or drink anything after midnight the night before your surgery. **NO GUM OR WATER.**
4. If you are taking aspirin, blood thinning medications, anticoagulants or antiplatelet medications, please consult your doctor for additional directions. There are many such medications and include but are not limited to the following: Common Anticoagulants: heparin, warfarin (Coumadin), rivaroxaban (Xarelto), dabigatran (Pradaxa), apixaban (Eliquis), edoxaban (Savaysa), enoxaparin (Lovenox), fondaparinux (Arixtra). Common antiplatelets include: clopidogrel (Plavix), ticagrelor (Brilinta), prasugrel (Effient), dipyridamole, dipyridamole/aspirin (Aggrenox), ticlopidine (Ticlid), eptifibatide (Integrilin).
5. Do not take any non-prescription aspirin, aspirin-like medications (i.e., ibuprofen/Motrin/Advil and Naproxen/Aleve), vitamin E, fish oil, or herbal supplements for 1 week before your surgery unless your doctor tells you otherwise.
6. Do not take diuretics (water pills) or oral hypoglycemics (diabetes pills) the day of the surgery unless your doctor tell you otherwise. If you are an insulin dependent diabetic, please call your physician for you diabetic medication instructions. If you are unable to get prior insulin instructions from your physician, then you should not take regular insulin on the morning of your procedure and you should only take 1/2-2/3 of your dose of intermediate to long-acting insulin. If you have an insulin pump, ask your physician when to turn it off before the procedure (to stop the administration of insulin while not eating).
7. Take your blood pressure and heart medication, seizure medication and asthma medication (bring all inhalers with you) on the morning of your surgery with a little sip of water.
8. Alcohol and smoking should be continued at present levels unless discontinued one month prior to procedure.
9. Bring all medications that you will need for the day with you.
10. Please inform us prior to the procedure if you have an implantable medical device such as a pacemaker, defibrillator or cochlear implant.
11. Do not shave the area where you are going to have your procedure done (i.e., legs).
12. Take your shower the evening before or the morning of your surgery preferably using an antiseptic skin cleanser.
13. Leave all your valuable and jewelry at home.
14. Do not wear contact lenses but bring your eyeglasses with you.
15. Do not wear make-up or jewelry.
16. Remove all body piercings and leave at home.
17. Wear loose comfortable clothing.
18. Wear flat comfortable shoes.
19. Take any PRE-MED, Antibiotic prophylaxis or prep that is ordered for you.
20. Please limit friends or family members who accompany you to 1 person who must be an adult.
21. Please have a responsible person drive you to the Surgery Center and drive you home again as the law does not permit you to drive for 24 hours after you have had anesthesia. Your procedure will be subject to cancellation if you do not have a designated driver. Car services are allowed only if you have a responsible adult accompanying you.



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- 22.** Make arrangements for someone to stay home with you on the day of your surgery for at least 12 hours.
- 23.** If your surgeon has ordered you to get medical clearance from your Primary Physician, please have this done in time before you come in for your surgery.
- 24.** Please make sure that you have had your blood work, chest x-ray, EKG and any other tests that are ordered by your surgeon or your primary Physician done before you come in for your surgery.
- 25.** Our facility prohibits firearms or weapons. If yo arrive for a procedure and are carrying a firearm or weapon, your procedure will be cancelled. Leave all firearms/weapons at home in a safe box.