

PRE-PROCEDURE INSTRUCTIONS

You are having: _____

Your surgery is scheduled for: _____

Your pre-surgical history and physical is scheduled for:

Other prior appointments / labs / EKG / testing: _____

Follow all steps prior to your surgery:

2 Weeks Before:

Stop all herbal medications unless ordered by your doctor and continue all prescription medications as instructed by your doctor.

1-2 Weeks Before:

You will get two phone calls:

1. The **Pre-Registration Department** will call to review your personal and insurance information.
2. A **Registered Nurse** from the Surgery Department will call to review your anesthesia and medical history, give you information regarding your day of surgery and answer your questions. **Please have your medications and over the counter remedies, vitamins and supplements available.**

1 Week Before:

You may be asked to stop aspirin or aspirin-containing products.

- If you routinely take aspirin-containing products or blood thinners, please check with your doctor for instructions. You may take Tylenol for pain.
- NSAIDS, such as Aleve, Motrin, Ibuprofen, or Advil may be taken until 12 hours prior to your surgery, unless directed otherwise by your surgeon.
- Reminder: Please review specific instructions you may have been given by your surgeon.

2 Days Before:

Call the department where your procedure is scheduled. You should call between 1:30pm and 4:30pm to confirm your arrival time.

■ Outpatient Surgery Center (OSC):

Toll-free: 1-888-589-0896

Local: 603-580-7568

■ Main Operating Room:

Toll-free: 1-866-778-6615

Local: 603-580-6745



Your arrival time: _____

Note: It is possible that your surgery time or location could be changed. If there is a change, you will be contacted by our staff.

- Notify your doctor of any health changes such as a cold or fever.

The Night Before Surgery:

- **It is very important that you do not eat or drink after midnight the day your surgery is scheduled including water,** unless told differently when you call the department for your surgery time.
- Please shower/bathe and shampoo the night before or morning of procedure.

The Morning of Your Procedure:

- If you take prescription medications for your lungs, thyroid, blood pressure, seizures or stomach problems, take them with a sip of water.
- Take heart medications **except** your diuretics (water pills).
- **If you are a diabetic or take blood thinners, follow specific instructions given by your care provider.**
- Stop all over-the-counter antacids such as Tums, Pepcid Complete, Gaviscon and Mylanta and vitamins.

What to Bring:

- Your license or another legal photo ID.
- List of all current medications including over the counter remedies, vitamins and supplements.
- A copy of your advanced directives.
- Insulin or oral diabetic medications.
- Rescue inhalers.
- If you have sleep apnea, bring your machine with you to the hospital.
- For children, bring an extra set of clothing including underwear.
- Leave all valuables at home.

What to Wear or Not Wear:

- Wear comfortable, loose clothing and flat shoes.
- Light makeup is acceptable. **Do not apply** lotions, perfume, creams, ointments, hair spray and hair products other than shampoo/conditioner the night before or the morning of surgery.
- Do not wear contacts, wear eye glasses.
- **All Jewelry, Body Piercings, and Hair Pins MUST BE REMOVED.**

How to Travel and Park:

For outpatient surgery, you **MUST** plan for someone to drive you home if you will be receiving any type of anesthesia or medication that may make you drowsy. Please ask if you do not know.

- All patients enter at the main entrance opposite the parking garage.
- Please do not park in the parking lot in front of the Emergency Room.
- Free Valet parking is only available at the main entrance.
- Wheel chairs and assistance are available at the main entrance.
- If you take a cab or transport service, you **must** have a responsible adult with you.
- Please make every effort to arrive on time. If you are going to be late, please **call the department that you are scheduled to have surgery in (OSC or Main).**
- See campus map insert for directions.