



Preparing for Surgery – Pre-Admission Testing

To ensure the highest level of care, prevent delays and possible cancellations on the day of surgery, some patients may be required to have testing done prior to your procedure. If you need any test done, your physician or medical assistant will give you instructions on what tests may be required.

- A Pre-Admission nurse will call you to review your health information and medications two or three days prior to your procedure. Please make a list of all current medications with dosages. The nurse will also give you time to arrive at hospital. **Please note that times are subject to change due to cancellations, doctor's schedule or hospital schedule. You will also receive a call the Friday prior to your procedure from the office confirming instructions.**
- **No** blood thinners 5 days prior to your procedure (ex. Aspirin, Coumadin, or Plavix).
- **No** diabetic or plain diuretic medications or supplements the morning of your procedure unless otherwise ordered by physician.
- **Avoid** Aspirin containing medications 5 days prior to your procedure. For management of headaches or minor aches and pain, Tylenol may be taken up until the night before your scheduled procedure.
- **Avoid** anti-inflammatory medications 3-5 days prior to your procedure (ex. Advil, Motrin, Aleve, Ibuprofen, or Excedrin).
- Diet medication – Phentemine or Phendimetrazine **must be stopped** 7 days prior to your procedure.
- Vitamins and supplements **must be stopped** 2 weeks prior to your procedure (ex. Fish oil, Vitamin E, Ephedra, garlic supplements, Ginko, Ginseng, Kava, Feverfew, or Valerian).

- **Do not** eat or drink anything after midnight the night before your procedure unless you are otherwise instructed. No candy, water, coffee, mints, ice, or gum.
- Please notify anesthesia if there is a history or family history of malignant hyperthermia.
- If you develop cold symptoms (fever, cough, or flu symptoms), call your physician as soon as possible.
- The day of your procedure you must have someone accompany you to be available to drive you home and remain with you for the first 6 hours. If you use public transportation, you must have someone other than the driver accompany you.

***** If you do not have a driver, your surgery will be rescheduled!*****