

**Chris Moore, MD**

**PREOPERATIVE INSTRUCTIONS**

**CHANGE IN HEALTH STATUS**

Notify your surgeon if you experience any significant change in your health status; develop a cold, influenza, a bladder infection, diarrhea, or other infection, before your surgery.

**PREOPERATIVE MEDICATION INSTRUCTIONS**

Unless specifically instructed otherwise by your surgeon or anesthesiologist, please observe the following guidelines for taking your medicines before surgery:

**One Week Prior to Surgery**

STOP all aspirin and all aspirin-containing medicines (e.g., Anacin, Excedrin, Pepto-Bismol). Check any cold or pain medication bottles to make certain aspirin is not contained.

It is necessary to speak with us regarding the appropriate time to discontinue Plavix and Coumadin.

**Two Days Prior to Surgery**

STOP all nonsteroidal anti-inflammatory medications (e.g., etodolac [Lodine], fenoprofen [Nalfon], ibuprofen [Advil, Motrin, Nuprin], ketorolac [Toradol], maproxen [Aleve], meclufenarnate [Meclomen], mefenamic acid [Ponstel], naproxen [Anaprox, Naprosyn].

**On the Morning of your Surgery:**

DO NOT TAKE digitalis medicines (e.g., Crystodigin, Digoxin, Lanoxin).

DO NOT TAKE oral antidiabetes medicines (e.g., chlorpropamide [Diabinese], glyburide [DiaBeta, Glynase, Micronase], glypizide [Glucotrol], tolazamide [Tolinase], tolbutamide [Orinase].

DO NOT TAKE your morning INSULIN dose if you are driving a great distance the morning of surgery or if your surgery is scheduled for the afternoon.

DO TAKE, with a small sip of water, ALL of your other usual morning doses of regularly prescribed medicines. Use your asthma inhalers and bring them with you to the hospital.

**PREOPERATIVE DIET INSTRUCTIONS**

Unless specifically instructed otherwise by your surgeon or anesthesiologist, patients of all ages must observe the following diet restrictions before surgery:

Eight hours before the Scheduled Start of your Surgery:

DO NOT EAT any solid foods, including juices with pulp (e.g., orange juice, nectars), lozenges, candy, chewing gum, and mints. DO NOT DRINK full liquid, such as milk, cream, and jello. You may continue to drink up to eight ounces of clear liquids until SIX hours before the scheduled start of your surgery. Clear liquids include Water, clear juices (e.g., apple, grape), black tea and black coffee.

**Six hours before the Scheduled Start of your Surgery:**

DO NOT TAKE anything by mouth except for your usual medicines; follow the Preoperative medication instructions above.

**Exceptions:**

DO NOT TAKE anything by mouth for **eight** hours, except for your usual medicines, if you are pregnant, morbidly obese, or are diagnosed with diabetes, renal failure, or stomach acid reflux with heartburn.

### ON THE DAY OF SURGERY

Take your medicines as instructed above.

You may brush your teeth; rinse your mouth, but do not swallow the water.

Leave all jewelry (including wedding and all other rings) and valuables (including money and credit cards) at home.

If you wear contact lenses, glasses or hearing aids, please bring a case or container, and solution for contacts, to protect them while you are in surgery.

Wear a minimum amount of makeup, and no mascara. Please remove the nail polish from both index fingers.

Please bring a copy of your current medical problem list from you primary care physician (family medicine/internist).

Minors (anyone less than 18 years old) must be accompanied by a parent or legal guardian to sign the operative consent form.

The anesthesiologist will discuss with you the anesthetic most appropriate for your medical condition and procedure prior to surgery.

After your surgery you must be escorted/driven home by a responsible adult. You may take a taxi car or shuttle if accompanied by a responsible adult who can stay with you after the driver departs.

### **TIME TO ARRIVE FOR YOUR SURGERY**

During your Pre-Admission Interview, our Registered Nurse will provide you with the correct time to arrive for check-in prior to your surgery.

**ARRIVAL TIME:** \_\_\_\_\_

**WHERE TO ARRIVE:** \_\_\_\_\_