PRE-OPERATIVE PATIENT INSTRUCTIONS

1. If you are scheduled for **morning surgery (before noon)** please do not eat anything after midnight.

2. If you are scheduled for **afternoon surgery** you are allowed to have a LIGHT breakfast 6 HOURS prior to surgery. This may consist of clear liquid (water, clear tea, black coffee, fruit juice without pulp) and a slice of plain toast. Avoid dairy products.

**UNDER NO CIRCUMSTANCES ARE PATIENTS TO HAVE A REGULAR MEAL ON THE DAY OF SURGERY.**

Do not wear or bring any personal valuables to the center. A wedding band is permissible. You may wear glasses, dentures, or hearing aid. If you wear contact lenses, be sure to bring a case and solution for them.

3. **Please bring your insurance cards with you and photo identification on the day of surgery.** Any co-pay and/or co-insurance will be collected on the day of surgery. Please bring some form of payment with you. *(Cash, check, credit card or money order is acceptable)*

4. Dress casually and comfortably; a short-sleeved shirt or something loose in the sleeves. For comfort and safety, wear flat-heeled shoes.

5. Do not wear eye or face make-up on the day of surgery.

6. Do not take aspirin unless instructed to do so by your doctor.

7. Take your regular prescription medications on the day of surgery. If you are taking a water pill, wait until after surgery to take it (you are to take your blood pressure medication even if it is considered to be a water pill).

8. Bring your prescription medications or a neatly printed list with you on the day of surgery.

9. **If you are a diabetic,** you may eat a light breakfast early on the day of surgery. Do not take oral diabetic medicine/ ex-glyburide. You may drink clear liquids (water, clear tea, black coffee, carbonated beverages, fruit juice without pulp) up to two hours before scheduled surgery.
   - If you are insulin dependent, do not take insulin if you are scheduled for morning surgery.
   - If you are scheduled for afternoon surgery, take ½ of the usual morning insulin dosage (but only after eating a light breakfast) If in doubt, do not take insulin on day of surgery.

10. If you are asthmatic, or use any type of inhalers, please **bring** them with you to the center.

11. If you become ill or develop a fever before your surgery, please notify your doctor and the surgi-center immediately.

The surgical coordinator from the surgery center will call you 24 hours before your surgery to go over your pre-op instructions, and notify you of your estimated co-pay or co-insurance and your arrival time.

For your safety and well-being someone must accompany you on the day of surgery.