

Pre-Op Instructions

The pre-op coordinator from the hospital will generally call you the night before your scheduled surgery to let you know what time to be there.

Information you need to bring to the hospital:

- Insurance card
- Your medical information and past medical history
- List of your medications, doses, and any allergies

Diet and Medications

- Do not eat or drink anything after midnight on the night before your surgery
- If you take very important medications, such as heart medications, you may take these on your regular schedule with a small sip of water
- Do not take Aspirin or other similar medications like Ibuprofen, Motrin, Aleve, Celebrex, etc. for one week before your surgery
- If you are diabetic, please do not take your morning diabetic medication, and be sure to inform the anesthesiologist
- If you take blood thinners such as Plavix, Coumadin, or Warfarin, you will need to stop these 5 days prior to surgery

Clothes and Jewelry

- Wear loose comfortable clothes to the hospital
- Leave ALL jewelry at home, including wedding rings
- The only thing you wear into the operating room is a hospital gown
- The hospital will not be responsible for your valuables

Preparing for your day at the hospital

- Arrange for someone to drive you home from the hospital after surgery
- You will not be allowed to drive yourself nor ride in a cab/bus alone
- Bring something to read, as there is often a lot of waiting time at the hospital

Herbal Supplements

If you use these, you need to stop taking them 2 weeks prior to your surgery.