



PATIENT PRE-PROCEDURE INSTRUCTIONS FOR PAIN MANAGEMENT

PLEASE CAREFULLY READ ALL INSTRUCTIONS

On the day before your scheduled procedure a nurse will call you with time of arrival and specific instructions pertaining to your procedure. If you have not received a telephone call by 4 p.m. the day before your procedure, please call a member of our staff at 858-8100. Please note that due to changes in the schedule, your time may be changed. We will ask you to arrive approximately 1 hour prior to your scheduled procedure time. If you are unable to keep your appointment, please call our scheduling department at 858-8118.

PLEASE FOLLOW THE INSTRUCTIONS BELOW:

Food and Drink:

Do not eat anything for 6 hours prior to your procedure. You may drink *clear* fluids (fluids that you can see through and that do not have pulp or dairy) up to 2 hours prior to your procedure. Do not drink anything after that. **Food or water in your stomach could cause serious complications during and after your procedure.** You may brush your teeth but do not do not swallow any water.

Medications: Please take heart and blood pressure medications with a small sip of water at least 2 hours prior to your procedure. **If you take medication to thin your blood, it is extremely important that you have been instructed by your prescribing physician on when to stop taking it prior to your procedure. If you have not been instructed, please call your prescribing physician. Your procedure may need to be cancelled if this has not been attended to.**

Day of Procedure:

Please understand that those providing your care may ask you the same questions that you've already been asked. While this may be frustrating, it is to prevent medical errors and to ensure your safety.

- **You must have a responsible adult drive you home after your surgery.** Your surgery will be canceled if you do not have a responsible adult driver. A responsible driver is an adult who will ensure you get into your home safely.
- Plan on staying 90 minutes to 2 hours.
- Please leave all valuables at home. (These include jewelry, watches, and cell phones). The Surgery Center is not responsible for loss or damage of valuables.
- Please bring a list of your medications and allergies, a photo ID, and your insurance card(s).
- Wear comfortable loose clothing, preferably with an elastic waist.
- Please contact us prior to the day of your procedure if you have an active infection or if you have a history of MRSA (methicillin resistant staph aureus).

Your Arrival: After you are registered, a nurse will prepare you for the procedure. You will meet the anesthesiologist who will talk with you and answer any questions you may have.

After your procedure: Immediately following your procedure you will be taken back to your private room where a Registered Nurse will monitor your recovery. Recovery time is generally about 20 minutes. You will receive specific post-procedure instructions before you are discharged.