



## Pre-Surgery Instructions

Dear Patient,

We hope that your experience with us has met your expectations. If you are receiving this paper, then you and your doctor are planning a surgery or procedure soon. Included on this page will be general instructions for surgery preparation. Everyone's situation may vary. Please contact us and ask questions if you don't understand anything during this process. **Prior to surgery, the following things must be done:**

- You must have "clearance" by your primary doctor
- You must have blood tests, possible EKG, chest x-ray that the surgeon requests your primary doctor to do. The **tests must be complete** and faxed or hand carried to our office at least **ONE WEEK PRIOR TO SURGERY**, otherwise the surgery may be delayed.
- **STOP ALL BLOOD THINNERS (Plavix, Clopidogrel, Coumadin, Warfarin, Apixaban, Eliquis, Dabigatran, Pradaxa, Edoxaban, Savaysa, Fondaparinux, Arixtra, Rivaroxaban, Xarelto, Aspirin, Vitamin E, Motrin, Aleve, Fish Oil)** one week prior to surgery, but confirm you can do that from your primary doctor or cardiologist managing your blood thinners
- For patients taking **weight loss medications** such as Ozempic, Wegovy, Semaglutide, Mounjaro Tirzepatide, you **MUST STOP** the medication at least **2 weeks prior to surgery**
- Take usual doses of heart, thyroid, asthma medication on the morning of surgery with a tiny sip of water. If you take diabetic medications, do not take them on the morning of surgery. If you take insulin, only use half the normal dose the morning of surgery.
- **DO NOT EAT OR DRINK ANYTHING** after midnight the night before surgery.
- You **MUST ARRANGE A RIDE HOME (not Uber or Taxi)** after surgery if you're going home the same day of surgery. The hospital will not let you leave otherwise until next morning and you will have to stay overnight at the hospital.
- You will be asked to **arrive at least 2 hours prior to the surgery.**
- Please remember to bring your **insurance cards** and **photo ID**
- Wear loose, comfortable clothing and shoes with flat heels.
- Leave all your valuables like jewelry or watches at home.
- Bring a list of all your current medications.
- If you have a history of sleep apnea and use a CPAP, then bring it to the hospital.
- Your cell phone with a charger cord/plug
- Your Health Care Proxy Form / Advanced directives, if you have completed one.
- A case for your personal items, such as eyeglasses, hearing aid(s), dentures, toothbrush, shaving kit, and religious articles.

If you have any further questions, please contact our offices and ask to speak to the surgery scheduler or our office manager. **Thank you for your patience and we wish you a swift recovery!**

**Date of Surgery:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Time of Arrival:** \_\_\_\_\_

**Time of Surgery:** \_\_\_\_\_