

## PRE-SURGERY INSTRUCTION SHEET-OUTPATIENT SURGERY

**Patient Name:**

**Date:**

**Time:** The day before surgery a nurse from Same Day Surgery will call you after 1:00<sub>pm</sub> to give you your arrival time. If the Same Day Department has not contacted you by 4:30 p.m. you may call (417) 533-6081.

**Location:** Mercy Hospital Lebanon at the Central Waiting desk .

**Instructions:**

Patient can have nothing to eat or drink after midnight prior to the procedure. Due to the fact that you will be receiving anesthesia, you must have someone drive you home.

***NOTE: YOU MUST BRING SOMEONE WITH YOU TO STAY AT THE HOSPITAL, DRIVE YOU HOME, AND STAY WITH YOU FOR APPROXIMATELY 24 HOURS. THIS PERSON(S) WILL BE THE "CONTACT" PERSON FOR THE DOCTOR WHEN YOUR PROCEDURE IS FINISHED. THE HOSPITAL WILL NOT RELEASE YOU TO A TAXI CAB OR THE OATS BUS. IT IS ALSO SUGGESTED THAT YOU DO NOT DRIVE FOR 24 HOURS AFTER YOUR PROCEDURE OR WHILE TAKING ANY TYPE OF PAIN MEDICATIONS.***

**Medications:** We REQUIRE you to check with your PCP/Cardiologist if you take any of the below medications, regarding instructions about stopping your blood thinner as well as making a follow up appointment for lab work (protime) after surgery.

| <b>Must Be<br/>Stopped 7<br/>Days Prior</b> | <b>Must Be<br/>Stopped 5<br/>Days Prior</b> | <b>Must Be<br/>Stopped 2<br/>Days Prior</b> |
|---|---|---|
| Aspirin 325 mg                              | Aggrenox                                    | Pradaxa                                     |
| Effient                                     | Arixtra                                     |   |
|   | Brilinta                                    |   |
|   | Coumadin/<br>Warfarin                       |   |
|   | Eliquis                                     |   |
|   | Fragmin                                     |   |
|   | Persantine                                  |   |
|   | Plavix                                      |   |
|   | Pletal                                      |   |
|   | Ticlopidine HCl                             |   |
|   | Trental                                     |   |
|   | Tinzaparin                                  |   |
|   | Xarelto                                     |   |

Please stop the following medications 5 days prior to surgery:

Advil, Aggrenox, Aleve, Alka-Seltzer, Anacin, Anaprox, Ansaid, Arthritis Strength, Arthrotec, Aspergum, Bexophene, Bextra, Cama, Cataflam, Celebrex, Clinoril, Clopidogrel, Congespirin, Darvon, Daypro, DHC Plus, Diclofenac, Disalcid, Ectorin, Etodolac, Excedrin, Feldene, Fish oil, Garlic vitamins, Ginko Baloba, Ibuprofen, Indocin, Indomethacin, Ketoprofen, Ketorolac, Lodine, Meclofenamate Salsalate, Meloxicam, Mobic, Motrin, Nabumetone, Naprofen, Naprosyn, Naproxen, Norgesic, Nuprin, Ordis, Piroxicam, Relafen, Roxiprin, Soma Compound, Supac, Synalgos-DS, Talwin, Ticlid, Ticlopidine, Tolectin, Tolmetin, Vicoprofen, Vitamin E, Voltaren, 4-way cold tablets.

\*You should **not** take Phentermine/Bontril at least **two weeks** prior to surgery.

***\*Please take any routine heart, seizure, blood pressure or psychiatric medications the morning of surgery with a small sip of water, just enough to get it down***

## PRE-OPERATIVE INSTRUCTIONS

### **DO NOT:**

- **EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.**
  - WEAR TIGHT CLOTHING SUCH AS GIRDLES OR PANTYHOSE.
  - WEAR ANY JEWELRY TO SURGERY.
  - WEAR MAKE-UP OR NAIL POLISH TO SURGERY.
  - **YOU WILL NOT BE ALLOWED TO DRIVE HOME. PLEASE MAKE ARRANGEMENTS FOR TRANSPORTATION HOME, YOU WILL NOT BE RELEASED TO THE OATS BUS OR A CAB DRIVER.**
  - ARRIVE EARLY FOR SURGERY UNLESS YOU ARE CALLED.
  - SHAVE PRIOR TO SURGERY.
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### **DO:**

- **BRING A COPY OF LIVING WILL OR ADVANCED DIRECTIVE.** (IF YOU HAVE ONE)
- WEAR COTTON SOCKS AND UNDERCLOTHES.
- NOTIFY YOUR DOCTOR IF YOU DEVELOP A COLD, FEVER OR OTHER ILLNESS BEFORE SURGERY.
- SHOWER OR BATHE (ALSO WASH YOUR HAIR) WITH ANTIBACTERIAL SOAP (SUCH AS DIAL) THE DAY BEFORE AND THE MORNING OF SURGERY.
- WEAR CLEAN, LOOSE FITTING CLOTHING AND SHOES THAT ARE EASILY REMOVED.
- BRING A CASE FOR CONTACTS OR GLASSES.
- BRUSH YOUR TEETH AND GARGLE THE MORNING OF SURGERY, **BUT DO NOT SWALLOW ANY WATER.**
- **MAKE ARRANGEMENTS FOR SOMEONE TO STAY WITH YOU AFTER SURGERY.**

**DO NOT SMOKE OR USE ANY TOBACCO PRODUCTS AFTER MIDNIGHT THE  
NIGHT BEFORE YOUR SURGERY**

\*Do not shave the surgical site

***\*Please call if you have any cat scratches or tick bites.***

**Surgery Patients:**

Please be aware that having a test or surgery performed by our surgeons may require some sort of financial responsibility on your part.

If you have health insurance, we will call them and get your benefits, which include the deductible, coinsurance and out of pocket amounts you will owe. This information is available to you prior to your surgery or test. If you have any questions or comments prior to your test or surgery, please feel free to call our office between the hours of 8:30am and 4:30pm M-F daily.

Thanks,  
MERCY CLINIC LEBANON GENERAL SURGERY  
417-533-6780