



Patient Preparation and Instructions

**Failure to follow these instructions will result in the potential cancellation of your surgery*

**It is very important that you speak with someone from the Crystal Run Ambulatory Surgery Center prior to the date of your surgery*

- Inquire about any special instructions that you may be concerned about at the time of your pre-op visit.
- If you develop a cold, fever, rash or anything that may be of concern to you call your surgeon prior to your surgery.
- Please remove all jewelry, nail polish and contact lenses, leave these items at home.
- Please wear comfortable clothing the day of your procedure.
- Bring your advanced directive, if you have one or notify the anesthesia team of any Medic Alert bands that you may have at the time of your surgery.
- **A RESPONSIBLE ADULT MUST DRIVE YOU HOME, PLEASE ARRANGE THIS PRIOR TO YOUR SCHEDULED SURGERY.**
- If you drink alcohol- liquor, beer or wine, stop drinking at least two days prior to surgery.
- Your surgeon and anesthesiologist will meet with you prior to your procedure.
- If you smoke, stop or at least cut down prior to surgery, and **NO** smoking after mid-night the morning of your surgery.
- If you are **diabetic**, PLEASE NOTIFY THE PRE-SURGICAL TESTING NURSE for further instructions.

SPECIAL ATTENTION TO THESE INSTRUCTIONS:

- **STOP TAKING IBUPROFEN, ADVIL, ASA, MOTRIN AND ALL HERBAL SUPPLEMENTS**, unless otherwise specifically directed by physician.
- **EXCEPT FOR MEDICATIONS AS INSTRUCTED, NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO SURGERY.**
- FOLLOW YOUR SURGEONS INSTRUCTIONS FOR SHOWERING OR CLEANSING YOUR SURGICAL SITE BEFORE ARRIVING FOR YOUR SURGERY.

Someone from CRASC will call you to verify your appointment on the day before your surgery.

- This time is for **arrival**, it is *not* your procedure time. There is always the possibility that your procedure will be delayed because of an unforeseen problem. We will do our best to keep you informed of a delay. You will be able to speak with a nurse at any time.
- If your procedure is scheduled on a Monday, or Tuesday following a holiday please contact the location on the preceding Friday.

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Thank you for choosing Crystal Run Ambulatory Surgery Center to have your procedure or surgery. Filling out this form, and following the instructions, will enable us to ensure a smooth and uneventful visit. We look forward to serving you during your visit.

1. Your surgery/procedure is scheduled for: Date ____/____/____
2. The place of your surgery/procedure is at the Crystal Run Ambulatory Surgery Center, rear entrance.
3. You have PST (pre-surgical testing) on Date ____/____/____, Time _____ at Crystal Run Healthcare, 95 Crystal Run Road, front entrance.
4. You need a medical evaluation from your primary physician Dr. _____ You are scheduled for this appointment on ____/____/____ at _____ You may schedule your own appointment before this date ____/____/____
5. Please have your prescription pain medication filled prior to your day of surgery.
6. These medications should be taken the morning of surgery:

Medication Instructions Before Surgery

- Continue to take your prescription medications as directed.
- Instructions regarding blood thinners such as **Coumadin** and **Plavix** **SHOULD BE discussed with the prescribing physician.**
- **DO NOT** take any ORAL Diabetes medication the morning of surgery. If you are on INSULIN make sure you ask the prescribing DOCTOR prior to surgery what dose you need to take that morning.
- 14 days prior to surgery date: **STOP** all diet pills & herbal supplements and MAO inhibitors such as Nardil or Parnate. MAO inhibitors include some Parkinson’s medications as well as some antidepressants.
- 10 days prior to surgery date: **STOP** all vitamins, fish oils, Advil®, Aspirin, Motrin®, Aleve®, Ibuprofen. Tylenol® is OK to take.
- Night before surgery: *Starting at 12 midnight:* **DO NOT** eat any foods, candy, and chewing gum. **DO NOT** drink and liquids ***including*** WATER. **DO NOT** smoke!
- If you were instructed to take any medications on your day of surgery by your physician, please do so with only a small sip of water only!

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