

PRE-OPERATIVE INSTRUCTIONS

Surgery before 1:00 pm – Do not eat, drink, or smoke anything after midnight the night before surgery. Food taken less than 8 hours prior to surgery can be life threatening.

Surgery at/after 1:00 pm – Do not eat or smoke anything after midnight the night before surgery. Clear liquids are encouraged before 6:00 am the morning of surgery. Clear liquids include: coffee, tea, soda, juice, water, etc. Do drink any juice that contains pulp (i.e. orange or grapefruit juice). Do not drink anything with milk or cream.

Medications – Take medications as directed by Dr. Stein, Dr. Franko and/or Jenn Schofield PA-C, with the smallest sip of water possible to get them down.

Blood Thinners – Do not take blood thinning medications for 3 days prior to surgery (aspirin, Vitamin E, feverfew, ginkgo biloba, ginger pills, garlic pills, or fish oil). Please follow Dr. Stein, Dr. Franko and/or Jenn’s instructions on when to stop prescription blood thinning medications (Coumadin/Warfarin or Heparin). You may resume use of blood thinners the evening of surgery. NSAIDs can be taken up until midnight the night before surgery (ibuprofen, naproxen, celebrex, etodolac, etc.).

Diabetics – If you are insulin dependent, please check your blood sugar the morning of surgery. If your levels are abnormal for you, please contact the surgery center. They will speak with the anesthesiologist and advise you on what step to follow (i.e. drinking juice or taking insulin).

If you take pills for diabetes, do not take them the morning of surgery, but bring them with you to the surgery center. They will give you something to eat after surgery, and you should take your medications with this food.

Asthmatics – You may use inhalers as needed on the morning of surgery. Please bring all rescue inhalers with you to the surgery center.

Patient Printed Name

Patient Signature

Date

