



### **Preparing for your Surgery:**

- Find out if there are any prescriptions, over-the-counter medicines, or herbal medicines that you should NOT take before your surgery.
- Remove all jewelry and trim your nails.
- If you have other questions, write them down. Take your list of questions with you when you see your doctor.
- A nurse from Pacific Heights Surgery Center will call you to obtain a pre-op history and to review your medication list.
- You may be required to go for a physical exam or lab work, the pre-op nurse will determine so after your history is taken.
- If you are taking a blood-thinning medicine such as Coumadin and Plavix, you will have to see your MD/Cardiologist prior to surgery.
- If you are taking Aspirin or Non-steroidal Anti-inflammatory (ex. Ibuprofen, Naproxen, or Ketoralac) please stop 1 week prior to surgery unless otherwise advised by the surgeon.
- If you are taking Diabetic medicines such as Glucophage (Metformin), Micronase (Glyburide), Glucotrol (Glipizide), Actos, Avandia or any others, you are NOT to take the morning dose, unless otherwise directed by your surgeon.
- If you are taking Insulin, you will have to be advised by the MD on the dose you should take before your procedure. The surgery center will need this information as well.
- If you are taking Hydrochlorothiazide (HCTZ), Lasix or other diuretics, you will need lab work before surgery. Please advise the schedulers and nurses from Surgery Center as well.
- Please have a full list of doses for all medicines, over-the-counter drugs, herbal medicines and inhalers that you take. Please bring a copy of this to the Center.
- Some physicians have you pick up your prescriptions before surgery. That is a surgeon preference, and they will let you know if they do so. Otherwise, the prescriptions will be called into a pharmacy that you have chosen. They should be ready to be picked up on the way home.
- Ask the pharmacist about any side effects or other concerns before taking them.

### **Ask someone over the age of 18 years you trust to:**

- Take you to and from the surgery center.
- Stay with you or check in on you after you are discharged home.

### **Before you arrive:**

- Shower and wash your hair.
- Wear loose and comfortable clothes, and shoes that are easy to get on and off.
- Do not eat or drink anything after midnight; including coffee, water, gum, or hard candy, unless your doctor tells you otherwise.

### **Before your Surgery:**

- The staff will ask you to sign an Informed Consent form. Read it carefully. It lists:
  - Your name.
  - The kind of surgery you will have.
  - The risks of your surgery.
  - Your agreement to have surgery.
- Make sure everything on the form is correct. Make sure all your questions have been answered. If you do not understand something, please ask.

### **For your safety, the staff may ask you the same questions many times. They will ask:**

- You to state your name and date of birth.
- What kind of surgery you are having.
- The part of your body to be operated on.
- The pre-op nurse will mark the spot on the body where you will be having surgery. Your surgeon will also be initialing the site.

**If you have any questions regarding billing or insurance, please call our Billing office:  
MedBridge at (888) 282- 7472.**