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Pre-Operative Instructions

NOTHING to eat or drink after midnight the day before surgery unless you are taking blood pressure medication; take blood pressure medication with a small sip of water the morning of your surgery before you leave home.

(I understand that failure to follow these instructions may delay or CANCEL my surgical procedure.)

Unless your surgeon tells you otherwise, DO NOT take these medications 7-14 days prior to your procedure: (for additional medications see list)

**Aspirin
Motrin/Ibuprofen
Vitamin E
Herbal Medications
Diet Pills**

If you are taking blood thinning medications (ie: Plavix and Coumadin), ask your physician if you should continue taking them.

Diabetic Patients: DO NOT take your diabetes medicine (pills or insulin) the morning of your surgery. Your blood sugar will be checked on admission and will be treated as needed.

LEAVE all jewelry (body piercings, wedding bands, etc.) other valuables, and money home or with a family member.

BRING and eyeglass case or contact lens case and solution as necessary.

BRING your co-pay if applicable

OUTPATIENT PROCEDURES:

- **I must have a responsible adult to drive me home AND stay with me for 24 hours**
- **I understand that a cab or bus driver CANNOT be made a responsible caregiver**
- **I cannot stay in a hotel after my procedure**

I understand that my procedure may be rescheduled or cancelled if I do not have a responsible adult to drive me home and stay with me for 24 hours

INPATIENT PROCEDURES:

The surgeon will inform me of the expected day of discharge. Please ensure that the person taking you home arrives at the hospital by 11a.m. on the day of discharge to help facilitate discharge planning and instructions.

Common List of Aspirin, Blood thinners, and Compounds

Do not take products containing herbal compounds, aspirin, aspirin-like compounds, anti-coagulants, or ibuprofen for 7-10 days before surgery. If you are currently taking any medication listed below, please contact you're prescribing or family physician before stopping.

| | | | |
|-----------------------------|---------------|---------------------|--------------------|
| Aches-N-Pain | Clinoril | Heparin | Parnate |
| Advil (all) | Co-Advil | Ibuprofen Caps/Tabs | Pepto Bismol |
| Aleve Caps/Tabs | Congespirin | IBC-Tab | |
| Alka-Seltzer Pain Rel. | Cope | Indocin | Persantine |
| Alka-Seltzer Plus Cold | Cosprin | Indomethacin | Persistin |
| Alpha-Phed | CP-2 | Lanorial | Plavix |
| Anacin | Coumadin | Lodine | Ponstel |
| Anaprox | Damason-P | Lortab ASA | Propoxyphene |
| Anodynes | Darvon | Magan | Robaxisal |
| Anexesia | Dasin Capsule | Magsal | Rowasa |
| Ansaid | Dia-Gesic | Marnal | Roxiprin |
| Anti-Inflammatory | Dicmarol | Marplan | Rufen |
| Arthralgen | Dinol | Measurin | SAC Tablets |
| Arthritis Pain Formula | Diasalcid | Meclomen | Saleto |
| Arthopan | Doan's Pills | Medipren | Salflex |
| Arthritis Strength Bufferin | Dolobid | Meprobamate | Salsalate |
| Argesic | Dolprin | Methocrabomol | Salsitab |
| ASA | Douprin | Micrainin | Sineaid |
| Ascriptin | Dristan Sinus | Midol | Sine-Off |
| Asperbuff | Duradyne | Mobigestic | SK-65 Compound |
| Aspergum | Durasal | Momentum | Solacal |
| Axotal | Dynosal | Mono-Gesic | Soma Compound |
| B-A-C | Easprin | Motrin (all) | Stanback |
| Bayer Aspirin (all) | Ecotrin | Nalfon | St. Joseph Aspirin |
| Bayer Plus | Efficien Tabs | Naprosyn | Supac |
| Bayer Maximum | Empirin | Nardil | Synalgos-DC |
| Bayer 8 Hour Ext. | Neocylate | Talwin Compound | Celebrex |
| Release | Equagesic | Norgesic | Tolectin |
| Bayer Therapy | Excedrin | Norwich Tabs | Toradol |
| Bayer Select Ibuprofen | Feldene | NSAID | Triaminicin |
| Bufferin (all) | Fiogesic | Nuprin | Trigesic |
| Buff Tabs | Fiorinal | Orphengesic | Trilisate |
| Butazolidin | Formula | Orudis | Uracel |
| Cama Arthritis | Caplets | Os-Cal | Ursinus Tabs |
| Cantharone Plus | 4-way cold | Fish Oil | Vanquish |
| Carisoprodal | tablets | Pabalate | Verin |
| Gaysal-S | Gelprin | Panaconalgescic | Voltaren |
| Gemnisin | Haltran | Panwarfin | Zorprin |