



720.441.4021

Surgery medication preparation

Stop taking these medications one week (7 days) prior to your surgery:

Ibuprofen (Motrin or Advil)	Naproxen Sodium (Aleve or Naprelan)
Naprosyn (Anaprox)	Diclofenac (Voltaren or Arthrotec)
Piroxicam (Feldene)	Indomethacin (Indocin)
Meloxicam (Mobic)	Oxaprozin (Daypro)
Nabumetone (Relafen)	Etodolac (Lodine)
Sulindac (Clinoril)	

Vitamins and Supplements - stop taking these one week (7 days) prior to your surgery:

Vitamin E	Vitamin K
Garlic	Ginger
Ginko Biloba	Ginseng
Glucosamine	Turmeric
White Willow Bark	Herbal stimulants

Blood Thinners - stop only under the direction of your PCP or cardiologist:

Aspirin (or aspirin containing medications)	Lovenox
Plavix	Warfarin (Coumadin or Jantoven)
Other blood thinners	

- Phentermine and all other weight loss medications must be stopped three (3) weeks prior to surgery
- Tylenol (acetaminophen) and Celebrex are ok to take.
- Continue regular prescription medications including blood pressure, cholesterol, and diabetes.

Pre-operative instructions

How do I prepare for my surgery?

- You will need to see your Primary Care Physician for preoperative clearance approximately 3-4 weeks prior to surgery. You will need the following performed:
- A recent physical and bloodwork no more than 30 days prior to surgery.
- A recent EKG within the last six months.
- A note of clearance from your PCP clearing you for surgery.
- If you live alone, make arrangements to have someone stay with you for the first 24 hours after discharge to assist with medications, etc, as you may be dizzy, lightheaded, and sleepy.
- Move plates, cups, etc to a level where you will not have to stretch to reach them.
- Move all trip hazards.
- Stop smoking or at the very least reduce your smoking at least two weeks, preferably six to eight weeks, prior.

What medications do I need to stop before surgery and when?

- **Stop these seven days (one week) prior to surgery:**
 - Aspirin
 - Nonsteroidal anti-inflammatory medications (NSAIDs) including COX inhibitors, ibuprofen, ketoprofen, Advil, Motrin, Aleve, naproxen sodium, etc.
 - Many vitamins, supplements, and herbs may increase bleeding and/or interact with anesthesia medications.
- **Stop these medications the night before surgery:**
 - Diuretics (water pills, hydrochlorothiazide, furosemide, etc.)
 - Insulin
 - Oral hypoglycemics (Glucophage, Avandia, Actos, Glucotrol, etc.)
 - Potassium
 - Weight reduction medications
 - Blood thinners – **stop these only under the care and guidance of your physician**

What medications can I take before surgery?

- Cardiac medications (for the heart).
- Seizure medications.
- Anti-reflux medications (Prilosec, Nexium, Protonix).
- Blood pressure medications.
- Bronchodilators – inhalers and other lung medications.
- Birth control pills.
- Steroids (prednisone).
- Immunosuppressants.
- Thyroid replacement medications.
- Anti-Parkinson medications.
- Opiates without aspirin (such as Vicodin, Tylenol #3).

What should I bring to the hospital with me for surgery?

- Bring your insurance card and photo ID.
- Bring your co-pay if required.
- Wear comfortable clothing.
- If you wear glasses, dentures, or hearing aids, bring along a case to put them in during surgery.
Do **NOT** wear contacts.
- Toiletries for an overnight stay.

What should I leave at home for my surgery?

- Leave all jewelry and valuables at home.
- Do **NOT** wear contacts. Instead, wear glasses if you have them.

What specific preoperative instructions are there for the night prior to surgery?

- Stop eating and drinking eight hours prior to surgery. This includes:
 - No solid foods of any kind
 - No liquids – water, coffee, juice, soda, or any other beverage
 - No gum or candy



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What specific preoperative instructions are there for the morning of surgery?

- Shower or bathe as normal prior to coming to the hospital. Do **NOT** apply any lotions, creams, powders, perfumes, or makeup.
- You may brush your teeth, but do **NOT** swallow the water when you brush your teeth.

Preparing your home:

- Adhere to no bending, lifting, or twisting.
- Arrange household items so that they are in easy reach including clothing, toiletries, towels, books, and kitchen items such as plates, cups/glasses, and bowls
- Remove throw rugs and tack down loose carpet.
- Move telephone and electric cords out of walkways to prevent tripping.
- Plug in nightlights so that it is easier to see while walking through the house at night.
- Clean stairs of any clutter.
- Remove or rearrange furniture that creates unnecessary obstacles.
- Place a non-skid bath mat in the bottom of the bathtub/shower to prevent slipping.
- Use a bed that is at your sitting height and remove casters so that the bed will not move.

Preparing your transportation needs for and after surgery:

- Arrange for assistance to and from the hospital/ SurgCenter, as you will not be allowed to drive or take a cab home after your surgery.
- Use a vehicle that you can get in and out of easily.
- You will have driving restrictions after your surgery and will need to make arrangements for transportation after your surgery, typically until your first post-op appointment.