

ARRIVAL TIME / WHERE TO CHECK IN: Arrive 30 minutes prior to your scheduled procedure, or as otherwise directed by your pre-op nurse. Check in at suite 101 on the 1st floor. Should you have additional questions about your procedure or medications you are currently taking, please call 503-295-0730 and ask to speak with a nurse. Please remember there is no guarantee on how long you will need to wait before being taken to the operating room, how your procedure will take, or how long it will take for you to recover to baseline.

TRANSPORTATION HOME: You must arrange for a responsible adult to be available at the time of discharge to drive you home and stay with you for a couple of hours once you get there. If you present and do not have a responsible adult available at the time of discharge, your appointment will be rescheduled. Public transportation such as MAX or Tri Met is not allowed. Patients may utilize a cab service as long as there is a responsible party to accompany the patient home. Tri Met Lift (medical transportation) is also acceptable.

EATING AND DRINKING: Clear liquids e.g. water, clear tea, black coffee. **2 hours before your arrival time**

Hold anything besides clear liquids for 8 hours (including chewing tobacco, chewing gum, candy, fruit, breath mints) for **8 hours before your arrival time**

Failure to follow these instructions may result in cancellation of your surgery. You may take your regular medications with a small sip of water (no more than 2 ounces).

PATIENTS SCHEDULED TO HAVE IMPLANTS OR REVISIONS

- Please remember do *NOT SHAVE* any of the hair bearing areas at or near the planned operative sites for 48 hours prior to the operation. Shaving within 48 hours increases wound infection. If you require hair removal for a procedure we will clip the hair immediately before your operation or procedure.
- Sage wipes are used the night prior and the morning of your procedure to take advantage of the potential to decrease postoperative surgical site infections by cleansing the skin of the patient preoperatively. If the patient's condition allows, a whole-body shower is preferred. Please read the instructions on the back of the package.
- The night prior to your surgery, shower and thoroughly wash from the neck down with regular soap. Blot skin dry then use one Sage cloth and thoroughly wipe from the upper torso to the level of the hips. The buttocks and groin area should be prepped last. Repeat using the second cloth.

Repeat the process the morning of your surgery.

Do not rinse after applying the Sage cloths. After completing the shower and drying the skin, do not apply any skin lotions, moisturizers, etc.

MEDICATIONS to be held – All procedures

- Diuretics (e.g. hydrochlorothiazide) – hold the day of your procedure
- Diabetic medications

- One day before surgery
 - While still eating a normal diet, take all your usual diabetes medications including insulin up to and including doses taken with supper
 - If you take Lantus, NPH or Levemir (detemir) insulin at bedtime, take ½ your usual bedtime dose. (Exception: If you take Lantus insulin two times a day, take the full bedtime dose)

- Day of surgery
 - Do not take any oral diabetes medications (pills); do not take Byeta or Symmlin injections
 - If you take Lantus insulin in the morning, take ½ your usual dose
 - If you are told to arrive at 10:00 AM or before, do not take any morning doses of insulin (other than Lantus as described above)
 - If you are told to arrive after 10 AM, take ½ your usual morning dose of NPH or Levemir insulin
 - If you take pre-mixed insulin (Humalin 70/30, Humalog 75/25 or Novolog 70/30), do not take it at home but bring the insulin vial or pen with you to your appointment. You will receive a portion of your insulin after you arrive to your appointment

- If you are on an insulin pump
 - Change your insertion site and reservoir **the day before surgery** and bring extra supplies with you (e.g. insertion set, reservoir, extra batteries)
 - For surgery involving your abdominal area, place the pump catheter in a site other than your abdomen (e.g. arm, hip or thigh)
 - Continue your usual basal rates or adjust them according to your Diabetes Provider's instructions
 - Remind the surgical staff that you are wearing an insulin pump when you arrive

- Blood thinners – Stop blood thinners per the following schedule:
 - NSAIDS/aspirin (e.g. Advil, ibuprofen, diclofenac, meloxicam (Mobic) Motrin, Aleve, naproxen etc.) – **stop all medications of this type 5 days** prior to your procedure.
 - Anticoagulants/anti-platelets. If you are on a blood thinner not listed below, please call the office so we may update your medication list.
 - **Stop 24 hours prior to your procedure:** Lovenox, Enoxaparin
 - **Stop 3 days prior to your procedure:** Xarelto, Eliquis, Arixtra
 - **Stop 5 days prior to your procedure:** Coumadin, Warfarin
 - **Stop 7 days prior to your procedure:** Plavix (clopidogrel), Pletal, Ticlid, Pradaxa, Ardeparin, Danaparoid

- Herbal medications – The following herbal medications are known to have blood thinning properties. **Stop all herbal medications of this type 7 days** prior to your surgery:
 - Fish oil
 - Garlic
 - Gingko
 - Ginseng

- Ashwaganda
- Feverfew
- Dong quai

Contacts, eyeglasses and valuables

- If you wear contact lenses, bring a container for the lenses or wear your glasses on the day of your procedure.
- Please leave valuables at home. All jewelry must be removed, including ALL body piercings.

Illness/infections: If you develop a cold or persistent cough, fever or any other health related problems, or if you need to cancel your surgery, please call scheduling at 503-295-0730.

Insurance information:

- Please bring a copy of your insurance cards and photo ID.
- Please be prepared to pay any copay or payment towards any outstanding patient balance.

Miscellaneous:

- Minors must be accompanied by a responsible adult at all times while on the premises.
- If you have power of attorney or guardianship papers signed by the courts, please bring these with you.
- Up to two family members or visitors may visit in recovery. Visits may begin as soon as the patient is settled into recovery. Only two visitors are allowed in the recovery room. **No children under the age of 12 are allowed to visit in the recovery room and they cannot be left alone in the waiting room.**

If you have additional questions, please call 503-295-0730 and ask to speak with one of our nurses.