



## ENCINO OUTPATIENT SURGERY CENTER

Your doctor has chosen to perform your upcoming procedure at Encino Outpatient Surgery Center (EOSC). EOSC is a state of the art ambulatory surgery center that provides patients and physicians with the highest level of outstanding care and service. The staff and physicians of EOSC look forward to welcoming you.

At EOSC, the health and safety of our patients comes first. Our staff, patients, and visitors are required to wear masks at all times, and guests are currently not allowed in the waiting room (with the exception of one parent/guardian for pediatric patients). Please notify your family member or friend that we will call once you are ready for pick-up.

Out of respect for patients who may be fasting prior to their procedure, consumption of food and beverages other than water is prohibited in the waiting room. Smoking is also strictly prohibited anywhere in EOSC.

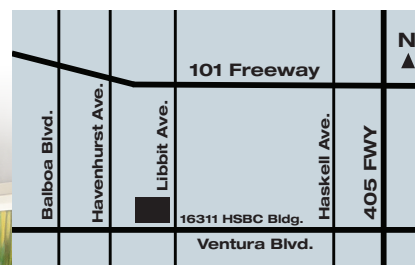


### DIRECTIONS

**FROM 101 WEST/NORTH:** Exit at Hayvenhurst Ave. Make a left off the freeway. Travel about 1 mile south to Ventura Blvd. Make a left onto Ventura Blvd. Travel about 0.5 miles on Ventura Blvd., until you reach Libbit Ave. Make a left onto Libbit Ave., and an immediate left into the parking structure of the HSBC Building (16311 Ventura Blvd.).

**FROM 101 EAST/SOUTH:** Exit at Balboa Blvd. Make a right off the freeway. Travel about 1 mile south to Ventura Blvd. Make a left onto Ventura Blvd. Travel about 1 mile on Ventura Blvd., until you reach Libbit Ave. Make a left onto Libbit Ave., and an immediate left into the parking structure of the HSBC Building (16311 Ventura Blvd.).

The surgery center is located in Suite 580 (5th floor). Parking is valet.



16311 Ventura Blvd., Suite 580 | Encino, CA 91436  
T: 818.986.1037 | F: 818.986.1800 | [encinosurgery.com](http://encinosurgery.com)



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### THE DAY BEFORE SURGERY

The surgery center will call you the day prior to your procedure (Friday for Monday procedures) to confirm your appointment. **Although the general instructions are NOT to eat or drink anything for 8 hours prior to your surgery, we recommend eating light the day before your procedure and trying NOT to eat or drink anything after 8pm.** This will reduce the possibility of nausea and/or vomiting. Patients having a colonoscopy should follow the instructions provided by their gastroenterologist.



### THE DAY OF SURGERY (WHEN YOU ARRIVE)

Please arrive 45 to 60 minutes prior to your scheduled procedure time. You will be checked in by the surgery center's front desk patient liaison and asked to fill out and sign applicable paperwork. After your check in is complete, you will be notified when the pre-op nurse is ready to admit you. Upon admission:

- You will be asked to empty your bladder and change into a gown. A bag will be provided for your personal belongings.
- Any glasses, contacts, hearing aids, or dentures will be removed before surgery and returned after surgery.
- Advanced directives will be noted.
- You will have your heart rate, breathing rate, body temperature, and blood pressure checked.
- Your operative site will be prepped and the surgeon will review the procedure.
- An IV line will be started to administer fluids and medications if you are having sedation anesthesia.



### MEDICATIONS TO BE STOPPED AT LEAST 7 DAYS PRIOR TO SURGERY

We recommend stopping anti-inflammatory and anti-coagulant medications at least 7 days prior to surgery. However, medications should only be stopped with approval from your primary care physician and/or cardiologist who are aware you are having surgery. If you receive different information from your surgeon, please follow their advice instead.

### DO'S

- ✓ Remove nail polish.
- ✓ Brush your teeth the morning of surgery, but don't swallow any water.
- ✓ Wash your hair and shower the night before using an anti-bacterial soap. Bathing helps reduce the amount of bacteria on the skin.
- ✓ Sleep in clean pajamas or clothes and on freshly laundered linens.
- ✓ Get a good night's sleep – it's important to be well-rested before surgery.
- ✓ Take only the medications you have been told to take with a small sip of water the morning of surgery.
- ✓ Comply with the strict instructions about food and beverage consumption.
- ✓ Bring cash, check, or credit card to cover any amount due to the surgery center or anesthesiologist on the day of surgery.

### DON'TS

- ✗ DO NOT wear make-up or jewelry.
- ✗ DO NOT take insulin unless otherwise instructed.
- ✗ DO NOT take your oral diabetes medication (pills) on the morning of your surgery.
- ✗ DO NOT eat or drink anything after the time you were instructed; ice chips, gum, or mints are NOT allowed.
- ✗ DO NOT use lotions or powders.