



You are having surgery or a procedure through the Short Procedure Unit (SPU) at Penn Presbyterian Medical Center. The SPU is located in the Cupp Pavilion (main hospital) on the first floor. **You must call the day before your procedure between 2 PM -4 PM to find out what time you should be at the hospital.** The phone number is: **215-662-8286**

Instructions for **TWO WEEKS** before surgery:

Stop taking: All non-prescription herbs and supplements except for Iron or multivitamins

Instructions for **SEVEN DAYS** before surgery:

Stop taking: Plavix, Pletal, Trental, Ticlid, ANY ASPIRIN containing products; Advil, Anaprox, Aleve, Motrin, Ibuprofen, Celebrex, Diclofenac, Mobic, Naprosyn, Naproxen, Relafen, Toradol

**If you take Coumadin, warfarin or any other blood thinners, you must check with the doctor that manages this medication at least one week before your surgery.

Instructions for the day BEFORE surgery:

1. Eat a light breakfast. This can include anything from the “clear liquids” list, a boiled or poached egg, small portion of skinless chicken, turkey or fish, white toast without butter,
2. Begin your Bowel Prep (see attached sheet)
3. ***NOTHING to eat or drink after midnight**

Instructions for DAY OF surgery/procedure:

*The nurse will tell you which meds to take during your phone call the day before your procedure. Take these meds with just a SIP of WATER ONLY. Please be able to tell the nurse the names and doses of your meds when you call.

DO NOT CHEW GUM!

*NO makeup, jewelry, body piercing, lotion or nail polish.

Parking: The garage is off 38th Street and has “Penn Presbyterian” on the side of the building. From 38th street, turn onto the street in between the two white signs (University of Pennsylvania, Penn Presbyterian Medical Center). The garage will be on your left. Bring in your parking ticket from the garage. We validate once for one car on the day of your surgery. We do not handle parking validation any other day.