



39th and Market Street, Penn Presbyterian Medical Center, MOB 340
Philadelphia, PA 19104
215-662-9775

823 South 9th Street, 1st Floor
Philadelphia, PA 19147
267-239-2725

You are having surgery or a procedure through the Short Procedure Unit (SPU) at Penn Presbyterian Medical Center in Philadelphia, Cupp Pavilion, 1ST floor.

Call 215-662-8286 the day before your procedure between the hours of 2 PM and 4 PM to find out your arrival time. The SPU is closed on weekends and holidays.

If you are going home on the day of your procedure you **MUST** have an available adult to drive you home. The Short Procedure unit does NOT provide rides home. **You may not take a cab, Para Transit, public transportation, or “wheels” alone.** Your ride does not have to wait here; we can call them when you are done. Most patients are here for about 4-6 hours from start to finish. Please bring the name & phone number of your ride.

TWO WEEKS before surgery: STOP TAKING: Garlic, Ginko, Ginseng, Kava Kava, Flaxseed products, white and green tea supplements (not brewed tea), Vitamin E, Fish Oil, Omega 3, Lovasza, St. John’s Wort and Black Cohash.

SEVEN DAYS before surgery: STOP TAKING: Plavix, Pletal, Trental, Ticlid

FIVE DAYS before surgery: STOP TAKING: ANY ASPRIN 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:

- 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, one 8 oz. can of Ensure (NOT Ensure Plus).
- NOTHING to eat or drink after midnight
 - Bowel Prep (see attached sheet) No Bowel Prep

Instructions for DAY OF surgery/ procedure:

- During your phone call the day before your procedure, please be able to tell the nurse the names & doses of your meds. **The Nurse will tell you which meds to take the day of your procedure with just a SIP of WATER ONLY. DO NOT CHEW GUM!**
- NO jewelry, or body piercings. This includes wedding rings. No makeup, jewelry, lotions, perfumes- leave at least ONE NAIL without 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.