Preoperative Outpatient Surgery Instructions

**Food and Liquid Intake:**
~ Colonoscopy and Endoscopy patients: *Please follow the instructions provided to you by your physician* regarding your diet and preparation the day before your procedure.
~ All patients: Nothing to eat or drink after midnight the night before your procedure. This includes gum, candy, mints, and lozenges. *Again, Colonoscopy and Endoscopy patients please follow the instructions provided to you by your physician.*
~ Infants: May continue breast-feeding until 4 hours prior to their procedure and infants on formula may continue until 6 hours prior to their procedure.

**Medications:**
~ Regular medications may be taken as usual with sips of water at least 2 hours prior to the arrival time, with the following exceptions:
~ Diabetic patients should not take their diabetes medications the morning of their procedure.
~ Patients taking blood-thinning medications should ask their surgeons for instructions - Coumadin, Plavix, Pradaxa, Aggrenox, Persantine, and Lovenox may need to be discontinued several days prior to your procedure.
~ Patients taking Aspirin should discontinue it 5-7 days prior to their procedure, or as directed by their surgeon.
~ Patients who have asthma should bring emergency inhalers with them.
~ Patient advised to bring medication list with dosages.

**Alcohol and Tobacco:**
~ No Alcoholic Beverages 24 hours prior to your procedure. Do not smoke the day of your procedure.

**Other Important Information:**
~ You must have someone drive you home after your procedure. Your procedure will be cancelled if you do not have someone to drive you home. You may not leave in a taxi unless accompanied by an adult (other than the taxi driver).
~ We strongly recommend that you have someone stay with you for the first 24 hours following your procedure.
~ Parents/Legal guardians of minor patients must remain in the building until the patient is discharged.
~ Family members should remain in the building if they wish to speak to the surgeon post-operatively.
~ Only 2 adult visitors per patient. Do not bring children.
~ Do not wear jewelry or bring other valuables with you. Wear clean, loose clothing over your operative site (i.e. large button-down shirt for hand, arm or shoulder surgery.)
~ Do not wear nail polish or eye makeup/ mascara.
~ Wear glasses instead of contact lenses, or be prepared to remove contacts prior to the procedure.

**Preparing Your Skin Before Surgery:** (Colonoscopy and Endoscopy patients please disregard the following instructions)
Preparing or “prepping” skin before surgery can greatly reduce the risk of infection at the surgical site.
~ What you will need:
  * Liquid Antibacterial body wash. This can be purchased at any local pharmacy or grocery store.
  * Clean Wash Cloth

Revised 4/29/2015
• Clean Towel  
• Clean Clothes  

~Instructions:

On the evening before your scheduled procedure:

• In the shower, wet skin and with a freshly clean wash cloth, apply liquid antibacterial body wash liberally. Lather the entire body from the neck down.
• Once entire body has been cleansed; be sure to scrub surgical site(s) thoroughly for at least an additional 2 minutes. Wipe each area in a back and-forth motion to adequately clean.
• Rinse thoroughly.
• Once dry, dress in clean clothes or sleepwear.

On the morning of your scheduled procedure repeat the above steps for preparing your skin before surgery.