

Patient Identifier

Name:
Med. Rec. #: Date of Birth:
Visit #: Age:
Service Date: Insurance:
Room: Service Time:

PRE-OPERATIVE INSTRUCTIONS



BEFORE YOUR SURGERY:

- If you or your surgeon's office has **scheduled a MEDICAL/CARDIAC Clearance** prior to your surgery. Please do not miss your appointment.
 - You must have a medical clearance if you have *any chronic medical conditions* such as high blood pressure, heart disease, diabetes, opioid or alcohol addiction, etc..
 - If you see a cardiologist regularly, you will need cardiac clearance.
 - If you cannot get into your doctor or do not have one, please let surgeon's office know. They can schedule an appointment with PreAdmission Testing.
- If you are having same day surgery, **YOU MUST BE ACCOMPANIED BY AN ADULT OVER THE AGE OF 18.** If you do not have an acceptable ride home, your surgery may be rescheduled.
- Please **avoid smoking, vaping, drinking alcohol, or using recreational drugs** for at least 7 days prior to your surgery.
- **ECMC is not responsible for your personal belongings. Please leave all valuables at home.**
- **PLEASE DO NOT EAT OR DRINK AFTER MIDNIGHT** on your scheduled surgical day.
- This includes gum, candy, mints, or cough drops. You may brush your teeth and take medications as directed by your surgeon/primary medical provider with small sips of water.
- On your day of surgery, please bring your insurance card, picture ID, and copay (if applicable), Advanced Directives (Health Care Proxy, Power of Attorney, Guardianship Papers) if applicable.
- Please bring a list of medications—**DO NOT BRING YOUR PILLBOTTLES.**
- Your surgeon's office will let you know what time to arrive day of surgery.

THE MORNING OF YOUR SURGERY:

- Please shower per your surgeon's instructions.
- You may wear deodorant—please do not apply and lotions, powders, perfumes, or colognes.
- **ALL JEWELRY, PIERCINGS, FAKE NAILS, & NAIL POLISH must be removed before the day of surgery.**

MEDICATION CONSIDERATIONS PRIOR TO YOUR SURGERY:

- **Please call your primary medical provider to determine if any of the following applies to you.**
- If you take blood thinners, (Aspirin, Warfarin, Clopidogrel, Xarelto™, Eliquis™) please consult with your surgeon or provider to determine when to hold these medications. **Please avoid any ibuprofen, Advil™ Motrin™, naproxen, Excedrin™ or similar medications for 7 days prior to surgery.**
 - Acetaminophen (Tylenol™) is safe to take unless you have an allergy.
- Please **avoid any over the counter supplement, or herbal medications 7 days** prior to surgery.
- **If you are on buprenorphine**, you need to see ordering provider for preoperative recommendations. Doses > 16 mg daily may need to be titrated down prior to surgery.
- There are **certain blood pressure medications you should not take the morning of surgery.** These medications include ACE inhibitors (angiotensin-converting-enzyme inhibitors) & ARBS (angiotensin II receptor blockers): lisino-**pril**, and lo-**sartan**, for example.

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- Please hold any diuretics (water pills) day of surgery.
- Please TAKE other blood pressure medications such as calcium channel blockers, beta-blockers, alpha blockers, or nitrates.
- Please **do not take your oral diabetic medications** the morning of your surgery. Please take your *insulin dose as instructed by your provider*.
 - **HOLD any GLP-1 injectable medications** [Rybelsus® or Ozempic® (semaglutide), Wegovy® (semaglutide), Saxenda® (liraglutide) and Trulicity® (dulaglutide), Zepbound® or Mounjaro® (tirzepatide), Xultophy® (insulin degludec/ liraglutide), Soliqua® (insulin glargine/ lixisenatide), Byetta® (exenatide), Bydureon BCise® (exenatide)] **FOR AT LEAST 7 DAYS PRIOR TO SURGERY.**
 - If you take **oral GLP-1 meds, hold for at least 24 hours prior to surgery.**
 - If you have other risks for slow gastric emptying (diabetes, gastroparesis), your doctor **may consider a liquid diet the day before surgery.**
 - **Hold SGLT-2 meds (-gliflozine):** Invokana® (canagliflozin), Farxiga® (dapagliflozin), Brezavvy® (bexagliflozin) and Jaurdiance® (empagliflozin) **for 3 days before scheduled surgery.**
 - **Steglatro® (ertugliflozin) should be stopped at least 4 days prior to surgery.**

ADDITIONAL PATIENT SPECIFIC INSTRUCTIONS:

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PRE-OPERATIVE INSTRUCTIONS



I have been educated on and given written pre-operative instructions (form INS.051). They have been reviewed to my satisfaction.

I have also been educated on and given written instructions on the following CARE NOTES/ OTHER EDUCATION GIVEN:

X _____
 Patient Signature Date Time

X _____
 Staff Signature Date Time