

Instructions Prior to Surgery

Your surgery date is: _____

The Surgery Center will call you prior to your procedure to confirm your procedure, date/time of your procedure, and date/time of your COVID-19 test. Surgery and check-in times are subject to change due to cancellation and emergency conflicts. We appreciate your flexibility. Your surgery should start approximately 1 hour following admission.

Pre-Operative Diet Instructions:

- You are scheduled for a general anesthetic/sedation.
- Do **not** eat anything 8 hours prior to the procedure including gum, candy, breath mints, throat lozenges, alcohol and marijuana.
- You may take your medications with sips of water as per below.

If you eat/drink within 8 hours of your procedure, your procedure will be cancelled.

Pre-Operative Medication Instructions:

- Please stop the following medications **5 days** prior to your procedure:
 - **Coumadin** (warfarin). You must have an INR/PT done the day before or morning of your procedure. The Surgery Center will call to organize this test with you.
 - **Plavix** (clopidogrel)/**Ticlid** (ticlopidine)/**Pletal** (cilostazol)/**Trental** (pentoxifylline).
 - **Anti-inflammatory medications** (such as ibuprofen, Advil, naproxen, Aleve, Celebrex, meloxicam, Mobic, diclofenac, Voltaren)This must be approved by your Cardiologist/Hematologist/Primary Care Physician.
- Please stop **Xarelto 72 hours** prior to your procedure. This must be approved by your Cardiologist/Hematologist/Primary Care Physician.
- Do **NOT** take oral diabetic medications (such as glyburide, glipizide, metformin) the evening before or the morning of surgery. Do NOT take your insulin dose the morning of surgery unless otherwise instructed by the anesthesiologist. **Bring your insulin with you to surgery.**

You **MUST** be escorted and driven home by a responsible adult. You are not allowed to drive for 24 hours after the procedure due to the effects of the general anesthetic/sedation. If you do not have an escort home, your surgery will be cancelled. You should have someone at home with you for the first night after surgery. You may **NOT** drive yourself home or travel by bus. You and your escort (responsible adult) may use a taxi/ride share to get home.

Day of Surgery:

- Follow the eating, drinking and medication instructions you have been given. Failure to follow these instructions will result in the delay or cancellation of your surgery.
- Shower or bathe the night before or morning of your surgery using an anti-bacterial soap. Pay particular attention to the part of the body where you will be having surgery.
- If you are having surgery on your upper extremity (shoulder, elbow, wrist, hand), clean under your nails
- Wear loose fitting clothes. A button-down shirt with large sleeves is often easier than pull-over shirts.
- If you use an inhaler, please bring it with you.
- If you use a CPAP, please bring it with you.

MultiCare

Cascade Surgical Center

- If you wear contact lenses, glasses or hearing aids, please bring a case/container, and solution for contacts, to protect them while you are in surgery.
- You may brush your teeth and rinse your mouth but do not swallow the water.
- Remove all jewelry. Please remove wedding and all other rings.
- Do not bring unnecessary valuables with you.

Directions to MultiCare Cascade Surgical Center:



From Hwy 167:

- Take 15th Street SW exit towards the Outlet Collections (SuperMall).
- Head east on 15th Street SW.
- Turn right into the parking lot after the “Zones” building just before Industry Drive SW.
- There is an abundance of free parking near the front entrance of the building.
- There are both stairs and an elevator to access the 2nd floor.
- We are in Suite 215 just past the elevator. The name on the door is VP Surgery Center of Auburn.

From Downtown Auburn:

- Head south on C Street.
- Turn right on 15th Street SW.
- Turn left on Industry Drive SW, just past Jersey Mike’s.
- The building is on your right, but you need to travel on Industry Dr. SW around the corner to access the driveway.
- Drive straight beyond the building and turn right to get to the front of the building.
- There is an abundance of free parking near the front entrance of the building.
- There are both stairs and an elevator to access the 2nd floor.
- We are in Suite 215 just past the elevator. The name on the door is VP Surgery Center of Auburn.