

## Preoperative Surgery Instructions

### Locations for surgery:

PENNSYLVANIA HOSPITAL Main Building (800 Spruce St. 1st floor Admissions Desk Check-in)

SHORT PROCEDURE UNIT (801 Spruce St. 1st Floor Short Procedure Check-in)

**We will call you the business day prior to surgery to give you your ARRIVAL TIME and location. (Patients having surgery on Monday will receive a call on Friday). If you have not received a phone call, please call your surgeon's office prior to 4 PM the business day before surgery.**

For outpatient surgery: a responsible adult will need to accompany you home after your procedure. If you are planning on taking a bus, cab, or paratransit as your means of transportation, the driver cannot be considered your escort. This is a mandatory hospital policy, so please make arrangements prior to surgery. *Failure to have a responsible adult to accompany you home can result in the cancellation of your procedure.*

For inpatient surgery: If you are staying in the hospital at least one night, please begin planning for the day of discharge as soon as possible. The estimated check-out time is 10:00 AM. All patients are encouraged to have transportation arranged in advance.

### PREOPERATIVE INSTRUCTIONS:

1. NO SOLID FOOD OR SMOKING after midnight the day before your surgery
2. You can have the following clear liquids up until 2 HOURS prior to your arrival time:
  - a. Clear fruit juice
  - b. Gatorade
  - c. Propel water
  - d. Kool-Aid lemonade
  - e. NO ALCOHOLIC BEVERAGES for 24 hours prior to surgery
3. Medication Instructions:
  - a. Follow medication instructions given to you by your provider
  - b. Take Extra Strength Tylenol 1000 mg (2 tabs) on the way to the hospital
  - c. Take Ibuprofen 600 mg (Motrin, Advil; 3 tabs) on the way to the hospital
4. Follow Bowel Prep instruction, if needed
5. Follow full body cleansing wipe instructions, if ordered by your provider

6. MEDICATIONS - what to **STOP** taking:

a. SEVEN (7) DAYS before surgery, STOP taking:

- i. Over-the counter medications
- ii. Herbal supplements
- iii. Vitamins, including fish oil
- iv. Aspirin and aspirin-containing medications: Pepto-bismol, Excedrin, anacin, bufferin, fiorinal, ascription, alka-seltzer, lortab ASA
- v. NSAIDS (non-steroidal anti-inflammatory drugs): Ibuprofen (advil, motrin), Celebrex, Feldene (piroxicam), Naproxen (Aleve, Anaprox, Naprosyn), Toradol (ketorolac), Relafen (Nabumetone), Diclofenac (arthrotec, cataflam, voltaren), Lodine (etodolac)
- vi. Accutane

b. THREE (3) DAYS before surgery, STOP taking:

- i. Suboxone or Buprenorphine-containing products
- ii. Cialis

c. BLOOD-THINNERS (ANTICOAGULANTS): You will need your healthcare provider's permission before stopping any of the following medications, especially if you have a stent. You may be instructed to bridge with Lovenox while your regular medication is stopped. If your surgery is cancelled for any reason, call your healthcare provider, because you may need to restart the blood-thinning medications. The following is a list of blood-thinners and recommended timelines to discontinue prior to surgery:

<b>Medication:</b>	<b>When to stop taking prior to surgery:</b>
Apixiban (Eliquis)	3 days
Betrixaban (Bevyxxa)	3 days
Cilostazol (Pletal)	2 days
Clopidogrel (Plavix)	7 days
Dabigatran (Pradaxa)	5 days
Dipyridamole (Persantine, Aggrenox)	1 days
Edoxaban (Savaysa)	3 days
Enoxaparin (Lovenox)	24 hours
Prasugrel (Effient)	7 days
Rivaroxaban (Xarelto)	3 days
Ticagrelor (Brilinta, Brilique, Possia)	10 days
Ticlopidine (Ticlid) Warfarin (Coumadin)	5 days or Normal INR

7. MEDICATIONS - what to **CONTINUE** taking:

a. **Continue** taking the **morning of surgery** with only a sip of water:

- i. Beta-blockers (e.g. Atenolol, Metoprolol, Levatol, Bystolic, Coreg, Propranolol)
- ii. **Seizure medications**

b. **Diabetic** medications:

- i. Night before surgery: Take your oral medications or insulin after your last meal of the day, as you normally do.
- ii. Morning of surgery:
  1. **DO NOT** take oral diabetic medications
  2. If taking insulin, **DO NOT** take your normal dose. Please contact your prescribing physician for advice on altered dosage.

DAY OF SURGERY:

1. Please bring your insurance card, a picture ID, and a referral, if applicable
2. If you have an Advanced Directive or a Living Will, please bring a copy with you.
3. Bring inhalers, CPAP mask, eye drops, and a list of your medications
4. Wear loose, comfortable clothing
5. DO NOT wear jewelry, wedding bands, makeup, nail polish or artificial nails.
6. Piercings MUST BE REMOVED.
7. Do NOT wear contact lenses. Bring glasses, if applicable, as you may need to read and sign documents.
8. DO NOT bring valuables to the hospital (jewelry, cash). Pennsylvania Hospital is not responsible for the loss or damage to any personal property.
9. If your surgery is scheduled as outpatient, be prepared to spend a full day at the hospital.

**We look forward to caring for you and providing you with a safe and pleasant experience.**

**Thank you for choosing Penn Medicine.**