

PATIENT PRE-OP INSTRUCTIONS

Please be sure to follow the pre-op testing guidelines that you will receive at your Physician's office. You will be contacted by the health history nurse from the Surgery Center of Lancaster, and or may be asked to come into the center for a preoperative anesthesia consultation.

If you are receiving general anesthesia or sedation please arrange to have a responsible adult drive you home and stay with you for 24 hours following surgery.

Eating Instructions:

- You should have nothing to eat after 12 midnight. You may drink **clear liquids only** up to **2 hours** before **arrival time** for surgery. Clear liquids include water, apple juice, clear soda, black coffee or hot tea – no milk or sugar added.
- You should not chew gum or eat candy including hard candy or breath mints.
- Breast milk may be consumed up to 4 hours before surgery.
- Infant formula may be consumed up to 6 hours before surgery.

Medication Instructions:

- Do not take oral hypoglycemics (diabetic) medications and/or diuretics (water pills) the morning of surgery.
- All other blood pressure, cardiac (heart) and respiratory medications should be taken per your normal routine the morning of surgery with a sip of water.
- Discontinue use of all vitamins and herbal products two weeks prior to your surgery.
- Call your family physician regarding instructions for insulin or blood thinner / anticoagulant therapy.