

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 a nurse from the Surgery Center of Lancaster, and you 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 up to 2 hours before 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 and/or diuretics the morning of surgery.
- All other blood pressure, cardiac and respiratory medications should be taken per your normal routine the morning of surgery with a sip of water.
- Discontinue use of all herbal products two weeks prior to your surgery.
- Call your family physician regarding instructions for insulin or anticoagulant therapy.