



## Pre-Anesthesia Instructions (Anschutz Inpatient Pavilion)

You are scheduled for surgery or a procedure on: \_\_\_\_\_.

Your doctors' name is \_\_\_\_\_.

### Time of Surgery

On the afternoon before your surgery (2 -4 p.m.) call 720-848-6070 to find out the time of your surgery or procedure. If your surgery or procedure is on a Monday, or following a Monday holiday, call on the previous Friday afternoon (2 - 4 p.m.).

### Where to Report

On the day of your procedure or surgery, enter the Anschutz **Inpatient** Pavilion on the Anschutz Medical Campus (formerly Fitzsimons). Once inside the **Anschutz Inpatient Pavilion** lobby, follow the signs to AIP 2, or you can ask the information desk for directions. Then follow the signs to the Elevator E. Take Elevator E to the second floor and exit the elevator lobby and turn left then right at the door, Room 2.604.

If you become ill prior to your surgery (cold, fever, upset stomach, etc.) or if you have questions, call 720-848-0000. Ask for the Resident for the \_\_\_\_\_ Service. Or you may also call 720-848-4351 and leave a message stating the problem. We will return your call at 6 a.m.

### Instructions before Surgery

- Do not take in any solid food or milk and creamer products after **midnight** the evening before your surgery or procedure, **unless otherwise instructed**.
- Up until **4 hours before** your surgery or procedure, you may continue to drink **ONLY** clear liquids. **The ONLY acceptable clear liquids** during this time include:
  - ⇒ Water
  - ⇒ Sodas or Gatorade®
  - ⇒ 8 ounces of **black** coffee or tea (no milk, creamer or non-dairy creamer)
  - ⇒ Juices-apple, cranberry-anything you can see through (without pulp), **No orange juice!**
- Starting **four hours before** your surgery time, stop all liquids. This includes chewing gum, or sucking on hard candy
- **TAKE only the medication you have been instructed to take:**
  
- **DO NOT** smoke, chew tobacco, or use any recreational drugs the day of your surgery, this includes e-cigarettes or cannabis vapor gas. **University of Colorado Hospital is a nonsmoking facility.**

(OVER)

Please follow these instructions strictly. This will avoid unnecessary discomfort, delays, or possible cancellations for yourself (or your child), during and after your surgery or procedure.

### **Other Special Instructions**

- A bath or shower with Hibiclens soap or antibacterial soap is highly recommended the night before or day of your surgery or procedure. This is to help decrease the risk of infection.
- Wear clean loose fitting clothing that will be comfortable and easy for you to put on following your procedure.
- **DO NOT** wear jewelry (including wedding rings), and remove all body piercings. Make arrangements for any body jewelry that requires a device for removal.
- Wear your glasses instead of contacts. Bring a case for your glasses or hearing aids.
- **DO NOT** wear make-up (especially eye make-up or lipstick), perfume or lotion especially on your face or the surgical site.
- Bring your CPAP or Bi-Pap mask if you have sleep apnea.
- On the day of your procedure you may brush your teeth but spit out the water.
- Please allow extra time for parking. Park in front of the Anschutz **Inpatient** Pavilion. There is FREE valet parking available if you are unable to find a parking space quickly or wish to use this service.
- Although you or your child may be having this surgery or procedure as an outpatient, it may become necessary to be admitted to the hospital instead of going home. If you have packed a suitcase, please leave it in the car until you have a room assignment. The room number will be given to your family after surgery.
- **For patients being discharged the day of the procedure, you must have a responsible family member or friend to take you home and stay with you overnight.** Arrange for a ride in advance.
  - Driving a car, operating machines or appliances, making major decisions or ingestion of alcohol should be avoided for 24 hours after having anesthesia.
  - The parent/guardian of pediatric or special needs patients must remain with them at all times in the hospital and for 24 hours after the procedure. We encourage you to bring another adult to help during the drive home. **DO NOT** bring other children.
- Please bring your insurance card and a photo ID. Also bring your pharmacy card, if you have one.
- Please bring a method of payment for your copay and/or prescriptions. If you have concerns about your insurance or copay, please call Insurance Verification at 720-848-7891 (between 10 a.m. and 4 p.m.) 1 to 2 business days before your surgery. Give your name and date of surgery and they will verify your insurance information and approvals.
- Please find more information on our website [www.uch.edu](http://www.uch.edu). Click on “Your Visit” where you will find directions and lodging and under “Preparing for Surgery” you will find information about anesthesia.

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