



## Pre-Anesthesia Instructions (Day Surgery)

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 720-848-1340 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, report to Day Surgery and Procedure Check-In at the Anschutz **Outpatient** Pavilion on the Anschutz Medical Campus (formerly Fitzsimons). Check-In is just off the main elevators on the 2<sup>nd</sup> floor.

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 720-848-1340 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:**

*For ANY prescription medications not prescribed by us please call the prescribing physician prior to surgery for instructions up to surgery date.*

*\*\*\*\*\*Stop all aspirin and anti-inflammatories 7 days prior – Tylenol is OK up to surgery*

*If a knee procedure – bring a pair of crutches*

**DO NOT** smoke, chew tobacco, or use any recreational drugs the day of your surgery.

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**

- **You must have a responsible adult, a friend or family member, available to take you home and stay with you overnight.** (They are welcome to wait in the waiting room). Driving a car, operating machines or appliances, making major decisions or ingestion of alcohol should be avoided for 24 hours after having anesthesia.
- A bath or shower is highly recommended the night before or day of your surgery or procedure. This is to help decrease the risk of infection.
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- Wear clothing that will be comfortable and easy for you to put on following your procedure.
- Please bring your insurance card and a photo ID. Also bring your pharmacy card, if you have one.
- Please only bring enough money to pay for your copay.
- Please bring a list of your current medications with doses, times, and the reason you are taking them.
- **DO NOT** bring jewelry, hairpieces, contact lenses, etc. Bring a case for your glasses or hearing aids if you wear them.
- **DO NOT** wear make-up, perfume, or lotion, especially on your face or the surgical site.
- Please allow extra time for parking. Park in front of the Anschutz **Outpatient** 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 after the operation. If you have packed a suitcase, please leave it in the car until you have a room assignment. This will be given to your family after surgery.
- Please call Insurance Verification at 720-848-9871 (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. They will also let you know if you have any co-payment and how much it is.
- Please find more information about anesthesia and your surgery on our website. [www.uch.edu](http://www.uch.edu). Click on “Your Visit” along the top, and then “Preparing for Surgery” along the side.