



Pre-Procedure Patient Instructions

7 Days Prior to Procedure

- Stop taking aspirin or any medicines containing aspirin (acetylsalicylic acid) seven (7) days before surgery. These medications may cause you to bleed more easily. Below is a list of some examples of medicines containing aspirin.

Alka-seltzer	Bufferin	Easprin	Midol	Trilisate
Anacin	Cope	Ecotrin	Mono-Gesic	Vanquish
Ascriptin	Darvon	Empirin	Pepto-	ZORprin
Aspirin	compound	Excedrin	Bismol	
Bayer	Disalcid	Florinal	Percodan	
BC Powder	Doan's Pills	Goody's	Salflex	

- Stop taking the following arthritis, non-steroidal anti-inflammatory drugs (NSAID's), or pain medicines seven (7) days before surgery. These medications may cause you to bleed more easily. Below is a list of these medicines.

Advil	Celebrex	Lodine	NapraPAC	Rufen
Aleve	Clinoril	Meclomen	Naprosyn	Suprol
Anaprox	Dolobid	Medipren	Nuprin	Tolectin
Ansaid	Etodolac	Mobic	Orudis	Voltaren
Arthrotec	Feldene	Motrin	Pamprin-IB	
Butazolidin	Ibuprofen	Motrin-IB	Ponstel	
Cataflam	Indocin	Nalfon	Relafen	

- Stop taking all herbs, vitamins, and over the counter medicines seven (7) days prior to your procedure. The medicines may cause an adverse reaction with some anesthetic agents.
- You may take Tylenol (acetaminophen) for pain up until the day of surgery. In some cases it may be necessary for you to be prescribed a low dose narcotic for pain until you can resume your normal aspirin or non-steroidal anti-inflammatory medicine.
- Do NOT take Coumadin four (4) days or Plavix seven (7) days before your procedure.

Day of Procedure

- You have to be fasting for your procedure (nothing to eat or drink after midnight).
- You will need someone to accompany you for this procedure so they can drive you home.
- Take all regularly prescribed medication as directed by your surgeon. Inform your nurse or anesthesiologist what medication you have taken prior to your procedure.
- Take your diabetes medication as directed by your surgeon. Inform your nurse or anesthesiologist what medication you have taken prior to your procedure.
- Please shower the morning of your procedure.
- Decrease or eliminate your alcohol, caffeine and tobacco 48 hours prior to procedure.
- You may bring books, magazines or headsets with tapes to the facility.
- Be prepared to answer duplicate questions as the staff checks and double checks your name, allergies, medications and the name of your scheduled procedure.
- Wear warm comfortable loose fitting clothing and socks.

Please Note: You will be contacted by the surgery department the week day prior to your surgery. They will go over your medications, procedure time, and final instructions for your surgery date. **If you do not hear from the CMH surgery department on the week day prior to your surgery, please call them between 8 a.m. & 3 p.m., Monday through Friday, at 231- 627-1541.**