



Coordinated Health

Outpatient Surgery Pre-operative Patient Instructions:

1. On the day of surgery, check in at the front desk of the hospital. Have your insurance card and driver's license (or photo ID) available.
2. Be prepared to pay applicable co-pays. We accept cash, cashier checks, Visa, Mastercard, Discover, and American Express.
3. A responsible adult must be present to transport you to and from the hospital. Please note that a parent and/or guardian of a minor must remain in the building the entire time the minor is present. A responsible adult must stay with you at home for 24 hours following surgery.
4. Wear loose fitting clothes. For shoulder surgery, a loose fitting or button up shirt is preferable. Do not shave any body part within 24 hours of surgery.
5. Please leave all jewelry and valuables at home. We are not responsible for loss. Remove any and all piercings prior to arrival. Not removing jewelry can result in burns and other injuries to patients.
6. Clear liquids may be taken up to 4 hours prior to your arrival. Clear liquids include water, black coffee, clear tea and fruit juices without pulp. No orange juice.
7. A light meal consisting of toast and clear liquids may be eaten up to 8 hours prior to your arrival.
8. If you are Diabetic, take half the usual dose of insulin, unless otherwise instructed. Do not take oral hypoglycemic, or "sugar pills". If you have an insulin pump, please consult your medical doctor or endocrinologist for instructions.
9. Take all AM medications with a small sip of water, unless otherwise instructed.
10. If you are an asthmatic, take your inhalers as prescribed. If you have a "rescue" or "emergency" inhaler, take 2 puffs the night before surgery, 1 puff the morning of surgery and bring the inhaler with you to the hospital.
11. Please call your surgeon if you are taking "blood thinners" such as Coumadin, Aspirin, Ticlid, Plavix, Aggrenox, etc.
12. If applicable, bring crutches, walkers, slings, etc with you to the hospital. If you do not have the necessary medical equipment, the hospital will provide the item. The item will be billed to your insurance carrier. If the item is not covered under your insurance, you will be responsible for the cost of the item.
13. If you have been prescribed a CPAP device for sleep apnea, please bring your equipment to the hospital.
14. Contact us if there are any cultural, ethnic or religious beliefs that may influence the type of care we provide to you.
15. If you develop severe cough or flu-like symptoms in the days prior to your procedure, notify your surgeon and/or anesthesiologist immediately.
16. Unforeseen pre-, intra-, or post-operative events may necessitate admission to a hospital.
17. A member of the hospital staff will contact you the day prior to surgery between the hours of 3:00pm and 6:00pm to give you your arrival time to the hospital. We will contact you on Friday for procedures to be performed the following Monday.