



1301 E McDowell Rd, Ste 100, Phoenix, AZ 85006
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Physician Pre-op Instructions

- ✓ **Please shower the night before or the morning of your procedure.**
- ✓ **Please only bring one person with you and please do not bring children.** You must arrange for a responsible adult to drive you home after the procedure. They are to remain within the facility. They will be responsible for your personal belongings. **No personal items or jewelry. Not responsible for lost or stolen items.**
- ✓ **Do not eat or drink** (this includes candy, gum, and cigarettes) for **6** hrs prior to your scheduled procedure.
- ✓ Do not take pain medication for **6 hrs** prior to your procedure with the exception of pain patches. **DO NOT TAKE PAIN PATCHES OFF.** If you feel you must take your pain medicine due to severe pain, please call the nurse before you take anything.
- ✓ **Are you on any anticoagulants?** If you are currently taking **any anticoagulants**, please discontinue (with the approval of your prescribing doctor) as listed below. If you do not see your specific medication listed, please speak to a MASC RN prior to scheduling:
 - * Plavix (Clopidogrel): 7 days
 - * Prasugrel (Effient): 7 days
 - * Lovenox (Enoxaparin): 24-36 hours
 - * Pradaxa: 4 days
 - * Unfractionated Heparin: 24 hours
 - * Aggrenox (Aspirin/dipyridamole): 3 days
 - * Eliquis (Apixaban): 2 días
 - * **You may continue taking ASA as prescribed by your physician.**
 - * Ticlid (ticlopidine): 10 days
 - * Aggrastat (tirofiban) & Integrilin (eptifibatide): 8 hours
 - * Pletal (cilostazol): 7 days
 - * Arixtra (fondaparinux): 3 days
 - * Xarelto: 24 hours
 - * Brilinta (Ticagrelor): 5 days
- ✓ **Coumadin (Warfarin) needs to be stopped 5 days prior to procedure (with the approval of the prescribing doctor). If you are on Coumadin (Warfarin) you will need blood work (INR) before your procedure. *** You are responsible to get the lab work done the day before, or the day of your procedure and have lab work faxed to 602-265-8151.*****
- ✓ **Please make sure you take ALL of your other scheduled morning medications, which your doctor has prescribed, such as for blood pressure, diabetes, gastric reflux, etc. These medications can be taken up to 2 hours prior to the procedure with small sips of water. Please remember, nothing by mouth within two hours of the procedure.**
- ✓ **If you are diabetic, your blood sugar levels may rise with the use of corticosteroids.** You should monitor your blood glucose level closely while receiving any type of steroid.
- ✓ **If there is there a possibility you could be pregnant, you may not have this procedure.**
- ✓ **If you are having any cold or flu symptoms or a fever, you may not have this procedure.**
- ✓ Are you currently taking any antibiotics, or have you been prescribed any antibiotics to take at this time?

**** If you start, or are prescribed, an antibiotic at any time before your procedure, please contact our office before your appointment.** If you have been prescribed an antibiotic it is crucial that you **START** and **COMPLETE** the full cycle of antibiotics before you come in for your procedure.

Please keep all scheduled appointments and arrive at least 30 minutes prior to your scheduled procedure time. If you need to cancel your procedure for any reason you must contact our office within 48 hours of your scheduled procedure. Failure to notify our office may result in being discharged from the practice.

Please note that follow-up office visits are an important part of your treatment. In order to achieve maximum benefit from your treatment plan, a follow-up visit is required in between EACH procedure. Future procedures will not be scheduled until you have attended a follow-up visit.

CONSCIOUS SEDATION AND YOUR PROCEDURE

Dear Patient,

You are scheduled for a procedure in the Ambulatory Surgery Center. To help you feel comfortable during your procedure you may be receiving medications through an intravenous line called “Conscious Sedation.” These medications may cause drowsiness and a sense of well-being during your procedure. They may not put you completely to sleep, but you will be made comfortable during your procedure.

It is **EXTREMELY** important that you follow the pre-op instructions provided to you. Although you may not be put completely to sleep, conscious sedation does decrease your ability to protect your airway. The primary risk of this conscious sedation is called “Aspiration”. Aspiration can cause severe pneumonia and possibly death. This is the primary reason for NPO status (nothing to eat or drink) for a specific period of time. These guidelines are recommendations of the American Society of Anesthesiologists (ASA) and are designed to protect you and keep you safe during your procedure.

Your safety is our primary concern; therefore, your compliance with these instructions is very important. If you have **ANY** questions, please feel free to call the McDowell Ambulatory Surgery Center at 602-265-8800.

Thank you and we look forward to seeing you.

The Surgery Staff at McDowell Ambulatory Surgery Center