



PRE-OPERATIVE INSTRUCTIONS FOR SURGERY

You have been scheduled for surgery under the care of your physician **Dr. Red Alinsod**. Please read and follow these instructions carefully. If you develop a cold (fever, cough) or any illness before your scheduled surgery, please notify your physician immediately and contact the pre-operative coordinator.

BEFORE THE DAY OF SURGERY

A pre-admission clerk will contact you by telephone to obtain necessary admitting and insurance information. At this time an appointment with the pre-operative coordinator will be scheduled. The pre-operative coordinator at your appointment time will obtain medical as well as other information to prepare for your surgery. Anesthesiology pre-op appointments are scheduled by the pre-operative coordinator and are very important. The anesthesiologist reviews your past medical history, along with any test results to determine the best type of anesthesia for you. Pre-operative medications and restrictions are reviewed during your visit. Pre-operative testing needs to be completed 7 days before the scheduled date of surgery. Your primary care physician usually orders these tests at the time of your pre-operative appointment. Make sure they fax your History & Physical, labs, X-Rays, EKG and any other tests to our office prior to surgery. And lastly, arrange for your transportation and accommodations.

DAY OF SURGERY

Please check-in at the admission department 2 hours before surgery. Do not wear or bring jewelry or valuables with you. If you have not been to the hospital or surgery center before the day of surgery, please bring your insurance, identification and papers given to you by your physician.

- A. Do not eat or drink anything, including water after midnight or 8 hours prior to surgery.
- B. It is recommended that you do not smoke at least 12 hours before and after surgery.
- C. Remove all nail polish from either your left or right index finger. Leave valuables/jewelry at home.
- D. If you have received a prescription for medications to be used after surgery, have it available.
- E. If you take medications routinely for any condition, please discuss this with the anesthesiologist or your primary physician and follow his/her instructions. In general, you can take your usual meds with a small sip of water the morning of surgery. Do not take medications that may make you bleed more easily such as Advil, Motrin, Ibuprofen, Aleve, Naproxen, Aspirin, Excedrin, Bufferin, Anacin, Vitamin E, Ginkgo, Heparin, Coumadin, and Elmiron.
- F. A parent or legal guardian must accompany a minor (under 18) and sign consent.

IF YOU PLAN TO BE DISCHARGED ON THE SAME DAY (OUTPATIENT) SURGERY

- A. For your safety you will not be allowed to drive. A family member or a friend can drive you home. You can also take a taxi home.
- B. Remember to wear comfortable clothing. After surgery, tight clothing may be uncomfortable and could cause difficulty in getting dressed. Low-heeled shoes are recommended.
- C. For the first 24 hours after surgery, you should not:
 1. Drive an automobile
 2. Drink alcoholic beverages
 3. Make important decisions
 4. Exercise
 5. Travel on an airplane
 6. Sit for prolonged periods of time

Be sure to follow all your discharge instructions and make a follow-up appointment as instructed. If you have any questions/concerns regarding your hospitalization and wish to speak to a nurse or financial counselor, please call the place of surgery.

Remember, surgery may be cancelled if:

- A. You eat or drink after midnight, or within eight hours of surgery.
- B. You arrive late to the admitting department
- C. Your History and Physical forms, labs, X-Rays, EKG, or other tests are missing.
- D. You are ill.
- E. Your fee has not been paid.

PRESCRIPTIONS GIVEN FOR: _____ Estradiol 1 gm PV qhs prn PV q hs, #3 tubes
 _____ Cytotec 200 mcg PV as directed, #1, no refills
 _____ Tylenol #3, 1-2 PO q4 hours PRN pain, #30, 1 ref
 _____ Darvocet N-100, 1-2 PO q4 hours PRN pain, #30, 1 ref
 _____ Vicodin ES, 1-2 PO q4 hours PRN pain, #30, 1 ref
 _____ Ibuprofen, 800 mg, 1 PO q6 hours PRN pain, #30, 1 ref
 _____ Cipro 250 mg, 1 PO BID, #20, 0 ref
 _____ Levaquin 1 gm PO q day, #10, 0 ref
 _____ Keflex 500 mg, 1 PO QID, #40, 0 ref
 _____ Ativan 1mg, 1 PO q 12 hours PRN anxiety, #15, 1 ref
 _____ Other _____
 _____ Other _____

Discussed with Dr. Alinsod _____ Risks of surgery
 _____ Benefits of surgery
 _____ Options of surgery
 _____ All questions answered

CONSENTS SIGNED FOR SURGERY _____

BOWEL PREP HANDOUT GIVEN _____

POST-OP INSTRUCTIONS GIVEN _____

PRESCRIPTIONS GIVEN _____

Scheduled follow-up appointment: _____

Pre-Op H&P/labs/x-rays/EKG by Dr. _____

Other Instructions:

How to get a hold of Dr. Alinsod and staff in case of questions or emergencies:

CALL 911 FOR LIFE THREATENING EMERGENCIES!

EMAIL TO AVOID PHONE TAG: diane@urogyn.org
maria@urogyn.org
red@urogyn.org

949-499-5311 FOR THE OFFICE

PRESS OPTION 1 FOR **DIANE** AND SCHEDULING MESSAGES

PRESS OPTION 2 FOR **MARIA** AND NURSING MESSAGES

PRESS OPTION 3 FOR **DR. ALINSOD** TO LEAVE MESSAGES

PRESS OPTION 4 FOR **NURSING EMERGENCIES**

PRESS OPTION 5 FOR **EMERGENCY CALL TO DR. ALINSOD**

PRESS OPTION 6 FOR THE **ANSWERING SERVICE**