

Your surgery date is _____

A pre-op nurse will call you the day before your surgery with your check-in time.

Your surgery should start approximately 1 hour following admission.

Surgery and check-in times are subject to change due to cancellation and emergency conflicts. You will be notified as early as possible of any changes. We appreciate your flexibility.

Parking: Seattle Orthopedic Center provides complimentary patient parking. The parking garage is located on the ground level. Access to the garage is located on Eastern Street, just off 45th Street.

Changes in Health Status:

Please notify your surgeon if you are experiencing any significant change in your health status or develop a cold / influenza, bladder infection, diarrhea, or other infection before your surgery.

X-Rays / MRI's: If you have your x-rays, please bring them with you to surgery.

Arm Sling / Knee Brace: If your surgeon gave you an arm sling, Ice-Man, or knee brace in the office, please bring it with you to surgery.

Pre-Operative Diet / Medication Instructions:

- Do not have anything to eat or drink (except clear liquids) within eight (8) hours of your check-in time. This includes **all alcohol**, breath mints/throat lozenges and chewing gum.
- You may drink clear **non-alcoholic** liquids (any liquid you can see through), e.g., apple juice, and other juices without pulp, black coffee, plain tea (no sugar, no milk) up to three (3) hours of your check-in time.

If your surgeon gives you instructions regarding eating/drinking before surgery, please follow his instructions.

One (1) week prior to surgery stop taking:

- Over the Counter doses of Anti-Inflammatory medicines (Ibuprofen, Aleve, Naproxen, Motrin) and Aspirin, unless otherwise directed by your physician.
- Clopidogrel (**Plavix**), cilostazol (**Pletal**), ticlopidine (**Ticlid**), pentoxifylline (**Trental**), dipyridamole (**Persantine**). Please contact your prescribing physician to discuss stopping this medication prior to surgery.
- Platelet inhibiting herbs (ginseng, garlic tablets, ginger, ginkgo biloba).

Five (5) days prior to surgery stop taking:

- Warfarin (**Coumadin**). Please contact your prescribing physician to discuss stopping this medication prior to surgery.

Morning of surgery:

- **DO NOT** take Oral Hypoglycemics (see special diabetic instructions) and Particulate Antacids (Tums, Rolaids, Maalox).
- **DO** Take your usual morning medications with a small sip of water on the day of surgery.

(see reverse side)

Special Instructions for Diabetics:

- **DO NOT** take oral anti-diabetes medications such as chorpropamide (Diabinese), glyburide (Diabeta, Glynase, Micronase), glipizide (Glucotrol), metformin (Glucophage) or rezulin.
- **DO** take one-half your morning long-acting insulin dose (Lente, NPH).
- **DO NOT** take any regular insulin
- Bring your insulin with you to surgery.
- If your surgery is scheduled in the afternoon and your blood sugar is higher than 200, contact the Pre-Admission nurse at (206) 633-8181.

On The Day of Surgery:

DO:

- Follow the eating, drinking and medication instructions you have been given. **Failure to follow these instructions will result in the delay or cancellation of your surgery.**
- Arrive at Seattle Orthopedic Center at the time given by the pre-operative nurse.
- Bring your driver's license and insurance card with you.
- Bring a current list of your medications and dosages for your medical chart.
- Wear loose, comfortable clothing.
- If you use an inhaler, bring it with you.
- If you wear contact lenses, glasses, or hearing aids, please bring a case or container, and solution for contacts, to protect them while you are in surgery.
- You may brush your teeth; rinse your mouth but do not swallow the water.

DO NOT:

- Wear jewelry or valuables (remove wedding and all other rings if possible).

After Surgery:

- You must be escorted /driven home by a responsible adult. If you do not have an escort home, your surgery will be cancelled.
- You **MAY NOT** drive yourself home or travel by bus or taxi.
- If your family members wish to speak with your surgeon after your surgery they should report to the information desk in the lobby. If they must leave the facility during your operation, they should leave a telephone number at the information desk so the surgeon can contact them.

If you have any questions, please contact our Surgery Scheduling Department as soon as possible at (206) 633-8100. If you need to contact Seattle Orthopedic Center the day of surgery, please call (206) 633-8181.

