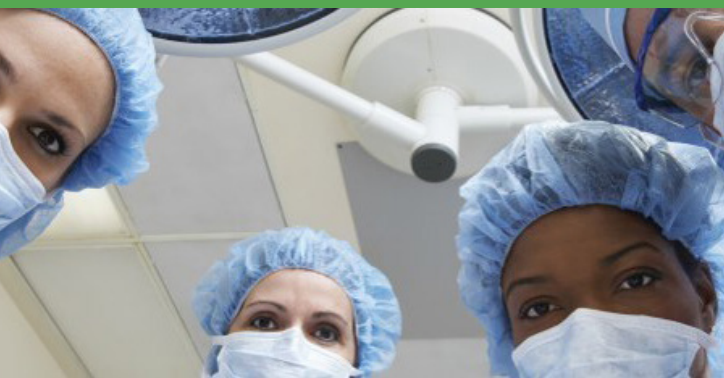


The Pre-Surgical Testing & Education Center is designed to assess your health status and prepare you for a positive surgical outcome. *Patient safety is our ultimate goal!*

Once your surgery is scheduled with IRMC, you will receive a call from a Registered Nurse who will ask you questions about your health and medications. At this time it will be determined if you need to be seen in the center or if outpatient preoperative testing is required. After completing preoperative testing, the information will be reviewed by the anesthesia team and determined if you need to be seen by your family doctor or specialist, or have further testing done prior to having your surgery. This is to make sure that you are in the best condition possible prior to surgery.

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Failure to follow the instructions could lead to delay/cancellation of your surgery.



Effective May 2020:

Pre-operative COVID-19 Testing is required for surgical patients. You will be scheduled for pre-operative COVID-19 testing. Failure to have testing done may result in a delay or cancellation of your surgery.

Due to COVID-19, we have implemented changes at IRMC that you and your family should be aware of:

1. At the current time, families and visitors are not permitted inside IRMC. You will receive a phone call the evening before surgery telling you what time you need to arrive for surgery. When you talk to the nurse the night before your procedure, they will ask for the phone number of the person bringing you so updates can be given to that person. If you have trouble walking or need assistance getting to the Ambulatory Care Unit, please let the nurse know so we can make arrangements to help you into the building.
2. When you arrive at the hospital, you will be given a PIN#. Only those who have the PIN# will receive information about you and your care. Please share this PIN# only with those that you want to have information about you.
3. When you arrive at the department, a staff member will call the number you provided to let your family/friend know you have arrived to the unit, the room you will be in, the name of your nurse, the approximate time that you will be in our care, and the PIN#.
4. During the time that you are in our care, your family/friend will receive periodic updates. If your family/friend would like an update, they may call the Ambulatory Care Center at (724) 357-7090.
5. Please bring a list of medications you are currently taking with you on the day of your surgery/procedure. If someone else prepares your medications for you, please ask them to write the medications down so you can bring the list with you.

IRMC

Pre-Surgical **Testing & Education**

**Our Focus is
Your Safety!**



If you have questions about your instructions, please contact the Pre-Surgical and Testing Center at IRMC:

(724) 357-7228

If you are calling outside of 7am-3pm, please call (724) 357-7090.

What You Should Know...

- **Do not take over the counter pain medications/NSAIDS- including ibuprofen/Motrin, Naprosyn/Aleve 7 days prior to your surgery date.** You may take Tylenol/Acetaminophen if it is not contraindicated for you.
- **Stop all vitamins/minerals/herbals/supplements** for 7 days unless otherwise instructed.
- If you take **diabetic medication, DO NOT take these medications the day of surgery** but you should check your blood sugar on the morning of surgery. If it is below 70, take a tube of glucose gel and recheck in 15 minutes (if it is still below 70, repeat glucose gel). Inform your nurse of the reading when you arrive. If you are on an **insulin pump** device, you will need to contact your prescribing physician for specific instructions. Bring extra supplies with you.
- **Remove ALL jewelry and body piercings, Remove contacts** - you may wear your glasses.
- **Do not wear any creams, lotions, perfume/cologne, aftershave, hair care products containing alcohol.** If you are having breast surgery, do NOT wear any deodorant.
- **Leave valuables at home.**
- Wear loose/comfortable clothing. If you are having eye/breast/shoulder surgery, we recommend a button up shirt.
- **You MUST have someone responsible to drive you home** - for your safety we strongly recommend a responsible person to stay with your overnight, or be easily accessible by phone.
- **Do NOT consume alcohol for 24 hours before and after surgery. Do NOT use any tobacco products - including chewing tobacco for 24 hours before and after surgery.** We prefer that you stop using ALL tobacco products.
- If you have been given **cleansing soap (Hibiclens)** to prevent infection, please use as directed.
- **Do NOT shave from the chin down** for 48 hours prior to your procedure.

Other Reminders

- **Do not wear any make up** - especially eye make-up and mascara.
- **Trim nails and remove nail polish** (including toe nail polish if you are having surgery from the hip down). If you have acrylic nails, you **MUST** remove one from each hand, preferably the middle finger.
- If you are having hand/wrist/elbow surgery, all acrylic nails must be removed from surgical side.
- If you have been ordered any equipment/supplies, you will need to bring with you to the hospital: crutches/walker, incentive spirometer, support stockings, surgical bra, special braces/supplies.
- If staying over night, bring your CPAP/BiPAP.

Please Follow Preoperative Instructions

- The evening before your surgery, (or Friday for a Monday surgery), the Ambulatory Care Unit will call between the hours of 5:00 and 8:00 p.m. with your **arrival time. Final instructions** will be given at that time.
- If you wish to contact us during these hours, please call **(724) 357-7090**. After 8:00 p.m. please call the main hospital number (724) 457-7000 and ask for the shift coordinator.

Eating and Drinking

- **No solid foods or dairy products** (milk, yogurt, creamers) **after midnight**
- **You may have clear liquids up to 2 hours prior to your arrival time** (Water, apple juice, white grape,cranberry juice, coffee or tea with NO creamer/milk, Clear electrolyte drinks like Powerade, Gatorade, Pedialyte, no red/purple drinks)

Instructions for Children Under Age 2

Clear liquids - up to 2 hours prior to arrival time (If breast fed-up to 4 hours prior to arrival time, If bottle fed-up to 6 hours prior to arrival time).



Medications: DAY OF SURGERY

You **SHOULD** take the following medications on the day of surgery with a sip of water - if this is a medication that you normally take in the morning.

Special Medication Instructions

Please contact prescribing physician for stopping/restarting the following medication; and then inform your surgeon (Medications which could thin your blood OR interact with anesthesia).
