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## **PRE-OP INSTRUCTIONS**

- MORNING PROCEDURES – nothing to eat or drink after midnight, no gum, hard candy, or oral tobacco.
- AFTERNOON PROCEDURES – no food eight (8) hours prior to your procedure – you may drink clear liquids up to four (4) hours prior to your procedure. No gum, hard candy or chewing tobacco.
- STOP NON-STEROIDAL ANTI-INFLAMMATORY MEDICATIONS: (Aspirin, Ibuprofen, Motrin, Advil, Aleve, Naprosyn), Omega 3 fish oils, multi-vitamins and vitamin E products seven (7) days prior to your procedure. If you are on PRESCRIPTION BLOOD THINNERS see special precautions below.\*
- You may take Tylenol and Narcotics/Opiates if needed for pain control.

Continue all of your other prescription medications: (blood pressure, thyroid, cholesterol, etc.)

### **\* IF YOU ARE ON A PRESCRIPTION BLOOD THINNER:**

(i.e. Coumadin, Warfarin, Pradaxa, Eliquis, Xeralto, Plavix, Effient, Brilanta, Aggrenox)

We MUST have permission from the prescribing doctor to discontinue the medication for five (5) days prior to your procedure or as directed by your physician. Once permission is obtained the coordinator will contact you and advise accordingly.

### **\* IF YOU ARE TAKING COUMADIN, WARFARIN, JANTOVEN:**

You will need to have your blood drawn the morning of your procedure and hand deliver your results to the surgery center upon checking in. THIS IS ONLY FOR PATIENTS TAKING Coumadin, Warfarin, or Jantoven.

- YOU MUST ARRANGE FOR A RIDE HOME IN ADVANCE! You will not be

permitted to drive, walk, take a cab or Uber home. You cannot leave the facility alone.

If you do not have a ride home with a responsible adult over the age of 18, your procedure will be cancelled.

- If you are allergic to iodine or contrast dye, please inform our office as soon as possible.
- If you are currently on antibiotics, please inform our office as you may need to reschedule your procedure.

Please bring a list of all medications and supplements that you are taking along with any allergies. Please bring your photo ID and insurance card. You will receive a bill from the surgery center and Front Range Pain Medicine. Our office will obtain insurance authorization for your procedure. If you have questions about your benefits contact your insurance directly. Please wear loose comfortable clothing.

The surgery centers will not be responsible for personal items. Please leave valuables at home. You will receive an automated reminder call prior to your appointment.

If you have any questions please contact our scheduling coordinators at (970) 495-0506 ext. 115, 117 or 217

\*\*An office follow-up visit may be required prior to scheduling a repeat procedure. \*\*

