

## BEFORE YOU ARRIVE

If you are scheduled to receive anesthesia or sedation, or are otherwise instructed by Summit Surgical Center, please make sure you have a ride and responsible adult to accompany you home and stay with you for the first 24 hours.

You will receive a phone call from Summit Surgical Center a day or two before your procedure to review your medical history and medications with a pre-admission nurse.

You will receive an additional phone call from Summit Surgical Center the afternoon before your procedure with your arrival time. You may be called the day of surgery to come in earlier or later, depending upon any unforeseen changes or delays.

Check with your physician's office to see what medications, vitamins or herbal supplements you need to stop taking before surgery.

Body mass index (BMI) is an approximate measure of body fat based upon your height and weight. If you have a high BMI score, you may require further evaluation and your procedure may need to be done in a hospital setting.

Shower or bathe the evening prior to or morning of surgery; if an antiseptic wash has been ordered by your physician please follow the product label instructions.

If a bowel prep has been ordered please follow the directions given to you by your doctor.

### **WHEN TO STOP EATING AND DRINKING AND GENERAL GUIDELINES FOR THE DAY OF SURGERY, UNLESS YOU HAVE BEEN TOLD OTHERWISE BY YOUR DOCTOR.**

- No food after midnight the day before surgery, **No candy, mints, gum - nothing!**
- May have 8 ounces (1 cup) of clear fluid 2 hours before **arrival time, if your surgeons allows**
  - \* Clear fluids include: Water, apple juice, Pedialyte (except red colored), Gatorade (except red colored)
- Infants
  - Stop formula 2 hours prior to arrival time
  - Stop breast milk 4 hours before arrival time
  - Clear fluids include: Water, apple juice, Pedialyte (except red colored), Gatorade (except red colored)

