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## **Surgical Instructions**

It is **essential** that you call your insurance company today and ask if this procedure needs pre-certification (if we are not a provider for your plan, otherwise we will do it for you). After you speak with your insurance company, please call the office and let us know if precertification is necessary. If needed, we will then call to get the authorization.

**STOP** all of the following medications **three days** prior to procedure:

Celebrex, Vioxx, Lodene, Relafen, or any other anti-inflammatory medication.

**STOP** all of these medications **ONE WEEK** before procedure:

Aspirin, Aleve, Advil, Ibuprofen, Motrin, Ponstel, Naprosen, Voltaren, Lodine, and Relafen.  
(Note: you may use Tylenol, Darvocet, Ultracet, Vicodin, Ultram, Percocet for pain).

**Coumadin, Lovenox, Plavix** needs to be stopped **FIVE** days before procedure. You will need to check with the doctor who prescribed this medication to see if it is OK to do this.

**STOP** all herbal medications 3 weeks prior to procedure. (Fish Oil, Omega-3 Fatty Acids, Ginko, Horse Chestnut (aesculus hippocastanum), Fever Few (Tanacetum Parthnium), Garlic, Ginger, Ginseng, Goldenseal, Echinacea, Black Cohosh)

(If you are having a leep procedure, you **can not** be on your menses).

**The only medication you will take the morning of the procedure is your blood pressure medication with a sip of water. You can also use any of your inhalers.**

### **Preparation**

Nothing to eat or drink after midnight.

Please bring a list of all your medications, dosage and when you take them.

Bring a list of any allergies.

**Insulin dependent diabetics:** Take ½ of your insulin in AM day of procedure.

You may bring the other half with you for after the procedure.

**Diabetics on oral medications:** Do not take any of you diabetic medications until after your procedure when you go home and eat.

### **After the Procedure**

You must stay for at least half an hour in recovery room.

Due to the medication you received during the procedure, you must have someone drive you home or the procedure will be **cancelled**.

Discharge instructions will be given after your procedure.