



Welcome!! You have been scheduled for an upcoming surgery at St George Surgical Center.

Our office will contact you the **business day prior** to your surgery to provide a time to report for surgery. When we speak with you, we will ask about your health history and give you pre-operative instructions for your surgery.

The questions and instructions included on the back of this page will be covered in the phone interview, if you have questions on any of this information, please ask our office at that time.

When you report for surgery, please be sure to bring your **Photo ID and Insurance cards** along with the **completed gold anesthesia form and orange patient information form included in this packet.**

Thank you for choosing St George Surgical Center, we look forward to serving you!



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Our office will contact you the **business day prior** to your surgery to provide a time to report for surgery. When we speak with you, we will ask about your health history and give you pre-operative instructions for your surgery. The following questions and instructions will be included in the phone interview, if you have questions on any of this information, please ask our office at that time.

- ✓ Adults: we ask that you to have nothing to eat or drink (including water or coffee) after midnight prior to your surgery.
- ✓ Children: we ask that they have no solid food after midnight. Clear liquids (including breast milk) up to 4 hours before surgery.
- ✓ Nothing to eat or drink includes any chewing gum, mints, brushing teeth, or smoking the day of surgery.
- ✓ Colonoscopy / EGD patients: Follow Doctor's instructions.
- ✓ Please shower the morning of surgery with an antibacterial soap, such as Dial.
- ✓ Please be sure hair is dry before coming in for surgery. No Hair pins, buns or pony tails, keep hair down.
- ✓ No make-up, lotion or jewelry, including rings and watches. **Remove all piercings**
- ✓ Do you have a latex or tape allergy or sensitivity?
- ✓ Do you take Blood Thinners, Fish Oil, or Vitamin E (Coumadin, Warfarin, Heparin, Plavix, Xarelto, Aspirin, Ibuprofen, etc.)
- ✓ Do you take Blood Pressure or Heart Medication or a Water Pill?
- ✓ Are you a Diabetic? **Please bring your own insulin with you the day of surgery. Do not take oral medications**
- ✓ Do you have Asthmatic, Sleep Apnea, COPD or other respiratory problems? **If you have an inhaler, please bring it with you**
- ✓ Do you take Anti-Seizure Medications?
- ✓ **You will need to bring a list of ALL meds, Vitamins or Herbs with you, including dosages.**
- ✓ Do you wear contact lenses? (If so, please leave home and wear glasses.)
- ✓ If you are having orthopedic surgery, please bring crutches with you, if needed.
- ✓ Please be prepared to wear clothing appropriate to procedure (*ie* Loose fitting pants or sweats, button front, short sleeve, big shirts or sweaters, slip on or lace-up shoes (no boots), etc. No tight fitting jeans or tops. **Leave Valuables at Home**
- ✓ Do you have any Advance Directives?
- ✓ Are you currently having or have you had any of the following symptoms in the last week: Fever (101.5 or greater), cough, congestion, sore throat, weakness, muscle pain, headache, vomiting, diarrhea, abdominal pain or bleeding?
- ✓ Have you traveled outside of the US or Canada in the past 60 days, or been in contact with anyone who has?
- ✓ You will need someone to drive you home. Please be prepared to provide the person's name and phone number.
- ✓ If you are having any type of anesthesia or sedation you will need someone to drive you home and stay with you for 24 hours following surgery. Please make the appropriate arrangements.

Please be aware that all surgery times are estimates. Please do not make other plans the day of surgery and keep your phone close by, as it may be necessary to adjust your arrival time (earlier or later).

When you report for surgery, please be sure to bring your **Photo ID and Insurance cards** along with the **completed gold anesthesia form and orange patient information form** you received from the surgeon's office.