

Pre-Admission Instructions for Patients Receiving Anesthesia

- It is **mandatory** that you complete the online medical history as soon as possible to avoid significant delays or cancellation of your procedure. It is required for anesthesia approval to have outpatient procedure. It will take you between 15-30 minutes. **You must enter all your medications names and dosages on the online history.**
 1. Go to our website: **www.sandlakesurgical.com**
 2. On the home page choose the quick link "How to Pre-Register". Select "Start your online registration". Follow the prompts to complete the online medical history.
- **ALL GLP-1 receptor agonist medication (used for diabetes or weight loss)**. Common names: Trulicity, Bydureon, BCise, Byetta, Saxenda, Victoza, Adlyxin, Mounjaro, Ozempic, Wegovy, Rybelsus and others - **must be stopped a full week prior to your surgery.** *If you are unsure about your medication please contact your pharmacy or physician.*
- **ALL ORAL GLP-1 receptor medications** – Common names: Rybelsus, Wegovy, Foundayo, and others - **must be stopped one (1) full day prior to your procedure. **Nothing to eat the day before surgery – only clear liquids for the full 24 hours prior.** *If you are unsure about your medication please contact your pharmacy or physician.*
- **ALL SGLT2 inhibitors** – Common names: Jardiance, Farxiga, Invokana, and others - **must be stopped 3 full days prior to your surgery.** *If you are unsure about your medication please contact your pharmacy or physician.*
- **PHENTERMINE** - **must be stopped a full 4 days prior to your surgery.** Herbal weight loss supplements should be stopped for 1-2 weeks with all other supplements.
- **NOTHING TO EAT OR DRINK ANYTHING AFTER MIDNIGHT (INCLUDING WATER).**
If your surgery is in the afternoon – you will receive special instructions from the PAT nurse. No hard candy, mints, or chewing gum, the morning of surgery.
(Colonoscopy patients are to follow the prep exactly as instructed by the office).
- **Inform your physician immediately if you are currently taking prescription blood thinners or anti-inflammatory medications** - Follow your cardiologist orders regarding stopping Aspirin or prescription blood thinners. Follow your surgeon's instructions for anti-inflammatory medications as these may thin your blood.
- **Routine medications that may be taken the morning of procedure: asthma inhalers, cardiac medications, seizure, thyroid medication – these may be taken with one small sip of water. Some (but not all) blood pressure medications (the PAT nurse will review). Do not take diabetic medication the day of your procedure.**
- **Vitamins and Supplements** should be stopped 1-2 weeks prior to surgery. There are so many on the market there is no way to tell which preparation has something added that may interfere with anesthesia or thin your blood.
- **Remove all metal jewelry.** Do not wear wig/wiglets/hairpieces that are not fully removable with no metal or adhesives of any kind.
- **You must have a responsible adult driver (18 years or older) check in with you on the day of your procedure – There is no exception to this policy.** Your driver may wait in the waiting room, or they leave if they stay within 15 minutes of the center. A responsible adult person must stay with you for 24 hours after your procedure. **ABSOLUTELY NO TRANSPORTATION SERVICE MAY BE USED UNLESS A RESPONSIBLE ADULT COMES WITH YOU AND STAYS AT THE CENTER.** **This includes any type of medical, insurance, worker's compensation transport, Uber, Taxi or Bus*.*
- **DO NOT SMOKE THE DAY OF YOUR SURGERY.**
- You may shower (do not use any lotions) and brush your teeth (do not swallow any water) the morning of your procedure. Please leave all your valuables at home. (Bring a case for contact lenses, glasses and/or dentures if you wear them into the center).
- You will receive a phone call from the PAT nurse with your arrival time and instructions one to two days prior to your procedure. If you do not receive your arrival time by 4 pm the day before your surgery, please call the center.
***Procedure/Surgery times may change from any time given to you at the physician's office for many reasons. Please plan appropriate ride arrangements for the day**.*
- *****SPINAL SURGERY PATIENTS STAY AN EXTENDED TIME IN THE RECOVERY ROOM BEFORE DISCHARGE HOME. PLEASE MAKE RIDE HOME PLANS ACCORDINGLY*****