

## Outpatient Surgery General Hints And Reminders

### Medications

- **Our schedulers will instruct you how to adjust your medications before, during and after your surgery. Call our office if you have not received these instructions at least 10 days before your scheduled surgery.**
- You may take other prescribed medications the day of your surgery with the smallest sip of water.
- Do not skip your blood pressure medication.

### Diabetics:

- Bring your hypoglycemic medication to your surgery. You may take it after your procedure if necessary.
- Oral hypoglycemic medications generally do not need adjustments and patients may take their oral medication as directed up until the day of the procedure.
  - **AM Procedures:** You should hold the AM oral medication dose and take it after the procedure is over.
  - **PM Procedures:** You may take clear liquids in the morning up to 3 hours before the procedure. You may have sugared chewing gum or clear hard candies up to the time of the procedure if your blood sugar is low.
- Your blood glucose will be monitored before, during, and after your procedure while at the facility.
- Patients taking insulin should only take (half)  $\frac{1}{2}$  the usual scheduled dose before the procedure. Call your prescribing physician with any questions regarding your medications.

- **You will need to remove any jewelry including facial and body piercings before your procedure.**
- Consider trying flushable baby wipes to help avoid irritation from wiping with toilet paper.
- You may use Vaseline or any water-soluble lubricants for relief from any rectal irritation. **DO NOT** use Desitin ointment.
- If you use reading glasses, please bring them with you as you will be asked to read and sign a consent form and discharge sheet.
- Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person to be present when you are discharged and for at least 24 hours after your procedure.
- You will be sedated for your procedure. Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.
- Because of the sedative you will be given, you should not work or drive after your procedure for the remainder of the day. Plan for someone to drive you or escort you home if you are taking a taxi, Uber, or public transportation.