

Pre-Op Packet Information Sheet

Thank you for choosing PeaceHealth Squalicum Surgery Center (PHSSC) for your upcoming procedure.

Website: Please visit our website www.peacehealth.org/locations/bellingham/peacehealth-squalicum-surgery-center for map, directions, information, and forms.

In your packet, you will find the following items:

- PHSSC Pre-Operative Instructions for adult and pediatric patients
- Medication Guidelines for blood pressure medicine and diabetic medicine

Before Surgery:

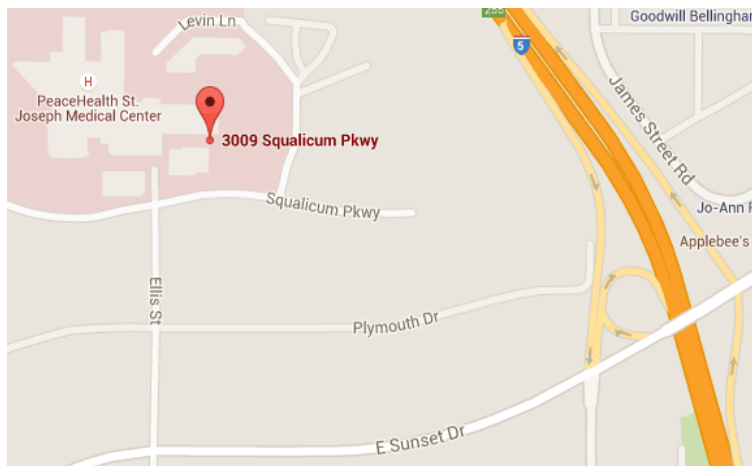
- ✓ Please read over and keep the enclosed pre-operative instructions.
- ✓ A PHSSC nurse will contact you prior to your procedure to discuss with you the enclosed instructions, including your surgery time, arrival time, and fasting times.
- ✓ During this call the nurse will review your health history and medications. Please have a list of your medications available.
- ✓ **To request a copy of your facility fee estimate or to discuss the estimate, please contact our billing department by calling the surgery center.**

Day of Surgery:

- ✓ PHSSC is located at 3009 Squalicum Parkway on the top floor of the parking garage - Level A. Enter the glass doors and take the elevator to the 3rd floor.
- ✓ Please arrive promptly at your scheduled arrival time & check-in at the front desk.
- ✓ **Photo ID is REQUIRED! Please also bring your Insurance Card(s).**

If you have any questions or concerns, please call us at (360) 788-7740 and ask to speak with a pre-operative nurse.

We look forward to serving you.



PeaceHealth Squalicum Surgery Center
3009 Squalicum Parkway
Bellingham, WA 98225

Directions: From I-5, take exit# 255. Go WEST on E. Sunset Dr. Take a RIGHT onto Ellis St. Turn RIGHT onto Squalicum Pkwy. Take the first LEFT (at the Medical Office Plaza sign). PHSSC is the large building on the LEFT. Enter the parking garage, proceed to the top floor - Level A.

Day of Surgery:

- Leave valuables at home. We will provide a bag for your clothes but are not responsible for valuable items.
- Remove all jewelry prior to arrival.
- You may brush your teeth, or rinse your mouth with water, but do not swallow any water.
- Bring eye drops, respiratory inhalers, and/or CPAP if you use them.
- **Do not** wear contact lenses.
- Wear comfortable, loose-fitting clothing to accommodate any dressings after surgery.

On the morning of surgery:

- **Do NOT** take vitamins or minerals.
- **Do NOT** take ACEI or ARB Blood Pressure Medications: _____
- **Do NOT** take oral diabetic medications: _____

Skin Care:

- Take a bath or shower **the night before and morning of surgery.**
 - Use a fresh bar or liquid antibacterial soap (examples: Dial, Safeguard).
 - Dry well with a clean towel.
 - Put on clean clothes. Wear loose-fitting comfortable clothing.
- **Do not** shave near the operative area.
- **Do not** wear personal care products such as: hairspray, perfume, gels, aftershave, facial creams, make-up, oils, and lotions
- Report all rashes, cuts, sores, or skin problems near the operative area to your surgeon prior to surgery.

After Surgery

- You will be taken to the Recovery Room where most patients spend 1-2 hours prior to being discharged home.
- Once you are awake and comfortable, your escort is welcome to stay with you in the Recovery Room (2 visitors maximum).
- Your Recovery Room nurse will discuss discharge instructions with you and your escort and provide you with the instructions in writing to take home.
- Have food and fluid available at home after your surgery. We suggest a bland, easy to digest diet, and ample fluids.
- We require that a responsible adult stay with you for the first 24 hours after surgery.
- You may NOT drive yourself or travel home by public transportation. You may take a taxi, only as long as you have an adult chaperone.

Pre-Operative Instructions: Adult

Your procedure has been scheduled at PeaceHealth Squalicum Surgery Center (PHSSC). The staff at PHSSC will attempt to contact you within 1 week of your scheduled procedure to review your health history and discuss these instructions. Please read over and keep these instructions, as you will be given your surgery time, arrival time, fasting times, and medication guidelines when you are contacted by the staff at PHSSC

Important Information

- **DO NOT EAT OR DRINK AFTER THE TIMES INDICATED**
- **A RESPONSIBLE ADULT MUST BE AVAILABLE TO RECEIVE POST-OPERATIVE INSTRUCTIONS, AND GIVE YOU A RIDE HOME AFTER DISCHARGE**
- **A RESPONSIBLE ADULT MUST BE PRESENT WITH YOU AT HOME FOR THE FIRST 24 HOURS AFTER SURGERY**
- **PHOTO ID IS REQUIRED**
- **PLEASE BRING INSURANCE CARD(S) AND PRE-PAYMENT IF REQUESTED**

****FAILURE TO FOLLOW THESE INSTRUCTIONS WILL RESULT IN CANCELLATION OF YOUR SURGERY****

Surgery Day/ Date:

Surgery Time:

(*surgery times are approximate)

Arrival Time:

Fasting Guidelines:

- No food, milk, gum, or candy 8 hours prior to surgery check-in.

STOP EATING @:

- You may have 8-12 ounces of **clear** liquids up to **3 hours** before you check-in for surgery.
- Clear liquids include Water, Cranberry Juice, Apple Juice, Black Coffee, Black Tea, or Soda Pop.
- **NO** milk or juice with pulp.

STOP DRINKING CLEAR LIQUIDS @:

Medication Guidelines:

You may take your morning medications with a sip of water unless otherwise instructed (see below)

- **Do NOT** take Herbal Medications or Non-Vitamin Supplements for 7 days prior to surgery.
- **Do NOT** use any erectile dysfunction medications (Viagra, Cialis) 72 hours prior to surgery.
- **Do NOT** take NSAIDs (Ibuprofen, **Aspirin**, Naproxen, Celebrex, **Meloxicam**) 48 hours prior to surgery.
- **Do NOT** take any illicit drugs 24 hours prior to surgery.
- Moderate alcohol consumption (1-2 drinks) is permitted the evening before surgery.
- Talk with your surgeon regarding any Blood Thinning medications you are taking (Coumadin, Plavix etc.)
- If you take a Beta Blocker, please take it as scheduled.
- *If you have any questions, please call your surgeon or PeaceHealth Squalicum Surgery Center 360-788-7740*

Pre-Op Instructions Pediatric

One of our Pre-Op Nurses will attempt to contact you by phone within 1 week of your scheduled procedure. Keep these forms handy as a review of the patient's health history and these instructions will be discussed. You will also be given your surgery time, arrival time, fasting times, and medication guidelines.

Important Information

- **DO NOT EAT OR DRINK AFTER THE TIMES INDICATED**
- **PATIENTS UNDER 18 YEARS OLD MUST HAVE A PARENT OR LEGAL GUARDIAN REMAIN ON-SITE AT ALL TIMES, AND DRIVE THE PATIENT HOME AFTER SURGERY**
- **A RESPONSIBLE ADULT MUST STAY WITH THE PATIENT AT HOME FOR THE FIRST 24 HOURS AFTER SURGERY**
- **PLEASE BRING PHOTO ID (OF LEGAL GUARDIAN), INSURANCE CARD AND PRE-PAYMENT (if requested)**

****FAILURE TO FOLLOW THESE INSTRUCTONS WILL RESULT IN CANCELATION OF YOUR SURGERY****

Date of Surgery: _____ **Surgery Time:** _____

Arrival Time:

Fasting Guidelines

Patients less than 6 months old may have:

- Breast milk or formula up to 4 hours prior to arrival: **STOP @** _____
- Sugar water or diluted apple juice up to 2 hours prior to arrival: **STOP @** _____

Patients six months and older may have:

- Solid food up to 8 hours prior to arrival: **STOP @** _____
- 12 ounces of clear liquids up to 2 hours prior to arrival (clear liquids include water, cranberry juice, apple juice.
NO milk or juice with pulp): **STOP @** _____

General Instructions/Information

- ✓ Help the patient bathe the night before or the morning of surgery using a fresh bar or liquid antibacterial soap (examples: Dial, Safeguard).
- ✓ **Do not** use lotion, cream, or powder on their skin after bathing.
- ✓ Patients may wear pajamas or any comfortable outfit. Your child will change into a gown upon arrival.
- ✓ The parent(s)/guardian(s) will stay with the patient until surgery, at which time they will return to the lobby.

After Surgery

- ✓ Following surgery, your surgeon will return to the lobby to discuss the procedure with the parent/guardian.
- ✓ Once the patient awakes, a nurse will bring the parent/guardians to be with the patient
- ✓ While in the recovery room, the nurse will discuss the post-op care instructions, provide a written copy to take home, call pharmacy with any prescriptions and make a follow-up appointment with surgeon's office if needed.
- ✓ Tonsillectomy patients are required to stay a minimum of 2 hours in the recovery room.
- ✓ Movie players are available for our pediatric patients. You may also bring a tablet or other media device to the recovery room for your child's comfort.
- ✓ PHSSC is not responsible for lost items.

*If you have any questions, please call: **PeaceHealth Squalicum Surgery Center @ (360) 788-7740***

Pre-Operative Diabetic Medication Management Instructions

Follow the instructions listed below unless otherwise instructed by your surgeon

Medication Type	Day Before Surgery	Day of Surgery
ORAL ANTIDIABETIC AGENTS		
Metformin (Glucophage) Chlorpropamide (Diabinese) Tolbutamide (Orinase) Glimepride (Amaryl) Glipizide (Glucotrol) Glyburide (DiaBeta, Micronase) Reraglinide (Prandin) Nateglinide (Starlix) Rosiglitazone (Avandia) Pioglitazone (Actos) Acarbose (Precose) Miglitol (Glyset) Sitagliptin (Juvuvia) Saxagliptin (Onglyza)	No Change	Hold the dose
NON-INSULIN INJECTABLE		
Exenatide (Byetta) Pramlintide (Symlin)	No Change	Hold the dose
INSULIN		
Insulin Pump	No Change	Use "sleep" base rate
Long Acting (peakless) Glargine (Lantus) Determir (Levemir)	No Change	No Change
Intermediate NPH (Novolin N, Humulin N-NF) Zinc Insulin (Lente) Extended Zinc Insulin (Ultralente)	75% of evening dose	50% of morning dose
Mixed Insulins (NPH + Regular) Novolin 70/30 Humulin 50/50	No Change	50% of morning dose
Mixed insulins (Int + Rapid) Novolog 70/30 Humalog 75/25 Humalog 50/50	No Change	Take 50% of morning dose
Short Acting and Rapid Acting Regular (Novolin R, Humulin R) Lispro (Humalog) Aspart (Novalog) Glulisine (Apidra)	No Change	Hold the dose

Beta Blocker and Blood Pressure Medication Guidelines

Beta Blockers

PLEASE TAKE this medication as normally scheduled, even on the morning of surgery with a small sip of water, unless otherwise instructed by your surgeon.

Acebutolol	Bystolic	InnoPran XL	Metoprolol Tartrate/HTZ	Propranolol/HTZ	Toprol
Atenolol	Carteolol	Kerlone	Nadolol	Sectral	Toprol XL
Atenolol/chlorthalidone	Cartrol	Labetalol	Nadolol/bendroflumethiazide	Sorine	Trandate
Betagan	Carvediolol	Levatol	Nebivolol	Sotalol	Trandate HCL
Betapace	Coreg	Levobetaxolol	Nebivolol HCL	Sotalol HCL	Visken
Betapace AF	Corgard	Levobunolol	Nebivolol Hydrochloride	Tenoretic	Zebeta
Betaxolol	Corzide	Lopressor	Normodyne	Tenormin	Ziac
Bisoprolol	Esmolol	Lopressor HCT	Penbutolol	Tenormin IV	
Bisoprolol/fumurate	Inderal	Lopressor HTZ	Pindolol	Timolide	
Bisoprolol/HTZ	Inderal LA	Metapranolol	Propranolol	Timolol	
Blocardren	Inderide	Metoprolol	Propranolol HCL	Timolol Maleate/HTZ	
Brevibloc	Inderide LA	Metoprolol/HTZ	Propranolol Hydrochloride	Timolol/ HTZ	

Ace Inhibitors (ACEI)

DO NOT take this medication on the morning of surgery unless otherwise instructed by your surgeon.

Accupril	Enalapril maleate/diltiazem	Lotensin HCT	Prinzide	Uniretic
Accuretic	Enalapril maleate/HCT	Lotrel	Quinapril	Univasc
Aceon	Enalapril diltiazem	Mavik	Quinapril HCL	Vaseretic
Altace	Enalapril/felodipine	Moexipril	Quinapril HCL/HCT	Vasotec
Benazepril	Enalapril/HCT	Moexipril HCL	Quinapril HCT	Zestoretic
Benazepril/amlodipine	Enalaprilat	Moexipril HCL/HCT	Quinaretic	Zestril
Benazepril HCL	Fosinopril	Moexipril HCT	Ramipril	
Capoten	Fosinopril sodium/ HCT	Monopril	Tarka	
Capozide	Lexxel	Monopril HCT	Teczem	
Captopril	Lisinopril	Perindopril	Trandolapril	
Captopril HCT	Lisinopril/HCT	Perindopril erbumine	Trandolapril/verapamil	
Enalapril	Lotensin	Prinivil	Trandolapril/verapamil/HCL	

ARB'S

DO NOT take this medication on the morning of surgery unless otherwise instructed by your surgeon.

Atacand	Candesartan	Exforge	Micardis HCT	Telmisartan
Atacand HCT	Candesartan/HCT	Hyzaar	Olmesartan	Telmisartan/HCT
Avalide	Cozaar	Irbesartan	Olmesartan/amlodipine	Teveten
Avapro	Diovan	Irbesartan/ HCT	Olmesartan medoxomil	Teventen HCT
Azor	Diovan HCT	Losartan	Olmesartan medoxomil/amlodipine	Valsartan
Benicar	Eprosartan	Losartan/ HCT	Olmesartan/HCT	Valsartan/amplodipine
Benicar HCT	Eprosartan/ HCT	Micardis	Tasosartan	Valsartan HCTVerdia
				Verdia