

# TMC PRE-SURGERY INSTRUCTIONS



Your surgery may be **cancelled** on the day of surgery for any of the following reasons, *not limited to*:

- Failure to follow food and water instructions.
- Presence of illegal substances (*not limited to*: methamphetamine, cocaine).
- Ingestion/inhalation of marijuana or ingestion of alcohol on day of surgery.
- Failure to have a ride home from the hospital and adult to stay with you overnight (if being discharged to home on day of surgery).
- Unstable or uncontrolled heart rate, blood pressure, or blood sugar.

## FOOD AND WATER

### 12 hours before surgery

- Nothing to eat or drink EXCEPT clear liquids
- Clear liquids include water, black coffee, apple juice, Gatorade
- No gum or hard candies
- OK to take medications with a sip of water

### 2 hours prior to surgery

- Do NOT drink anything

### Infant/baby instructions

- Food: No food **8 hours** prior to surgery
- Formula: No formula **6 hours** prior to surgery
- Breast milk: No breast milk **4 hours** prior to surgery
- Pedialyte: No Pedialyte **2 hours** prior to surgery

## TOBACCO AND MARIJUANA PRODUCTS

- No tobacco products (cigarettes, vape, e-cigarettes, chewing tobacco) **24 hours** prior to surgery
- No marijuana products **one week** prior to surgery

## GENERAL INSTRUCTIONS

- Do not shave 24 hours prior to surgery
- Thoroughly shower with **antibacterial** soap and water prior to surgery. Do not apply lotion, make-up or hair products. Do not wear jewelry including rings, necklaces, bracelets, earrings, body piercings
- Ensure you have a responsible adult to drive you home and stay with you for 24 hours after surgery
- Leave valuables at home such as cash, jewelry, rings, wallet and purse.
- Do not bring medications from home

## THINGS TO BRING TO SURGERY (IF APPLICABLE)

- CPAP or other breathing-assistive device (in good working order)
- Asthma inhaler
- Cases for removable items (dentures, hearing aid, eyeglasses or contact lenses).
- These items will be removed prior to surgery
- List of your current medications
- Picture ID and copay (if needed)
- Advance Directive forms
- Name and phone number of responsible adult who will drive you home and stay with you

*continued* ►

# TMC PRE-SURGERY MEDICATION INSTRUCTIONS

All medications **NOT** listed below should be taken as prescribed, including the morning of surgery with a sip of water. If you have any questions, contact your surgeon and prescribing physician

## DO NOT TAKE THESE MEDICATIONS THE DAY OF SURGERY

- Metformin (glucophage)
- Lisinopril, benazepril, captopril, Altace, Lotensin or any other ACE inhibitor
- Losartan, valsartan, telmisartan or any other angiotension receptor blocker (ARB)
- Hydrochlorothiazide, furosemide, Lasix, chlorthalidone, Aldactone or any other diuretic
- Oral GLP-1 agonist - for diabetes or weightloss

## DO NOT TAKE THESE MEDICINES ONE WEEK PRIOR TO SURGERY

- Ibuprofen, naproxen, Aleve, Motrin, Advil or any non-steroidal anti-inflammatory (NSAID)
- Phentermine
- Herbal supplements and vitamins
- Injectable GLP-1 agonist - for diabetes or weightloss

## BLOOD THINNERS (ANTIPLATELET/ANTICOAGULANT)

- If you are on blood thinners, contact your surgeon for instructions regarding your blood thinners prior to surgery. If your surgeon instructs you to STOP blood thinners prior to surgery, contact your prescribing provider for approval to stop your blood thinners per your surgeon's instructions
- If your prescribing provider does NOT approve you to stop blood thinners, contact your surgeon
- If you have any questions about your blood thinners, contact your surgeon and prescribing provider

# INSTRUCTIONS FOR DIABETIC PATIENTS

If you are not diabetic, disregard the following instructions.

## DAY OF SURGERY

### Oral diabetes medications:

- Take all oral diabetic medications as prescribed, **except Metformin and GLP-1 agonist**
- Do **NOT** take metformin and or GLP-1 agonist on the day of surgery

### Insulin:

- Do **NOT** take short acting insulin on day of surgery (regular, lispro, Humalog, aspart, NovoLog, Glulisine, Apidra)
- Take **half** of your non-short acting insulin dose on day of surgery (Lantus, glargine, detemir, Levemir, NPH, premixed insulin, Humalin 70/30, Humalog 75/35, NovoLog 70/30)
- Check your blood sugar in the morning and every 4 hours prior to surgery
- If blood sugar < 80 mg/dL drink **4 ounces** of ginger ale, Sprite or apple juice

### Insulin pump (if applicable)

- Continue basal rate
- Notify pre-operative staff of insulin pump upon surgery check in

