



New York Urologic  
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## **Pre-Surgical Instruction for Ambulatory Or Same Day Admit Surgery**

Dear : Mr./Mrs. \_\_\_\_\_

Your safety and favorable surgical outcome is of utmost importance to us. Therefore we request your attention and compliance to these very **SPECIFIC AND STRICT** instructions. Any deviation from **ANY** of these instructions may result in a delay or most likely, cancellation of your surgery. Please note that you may receive a different set of instructions from the hospital in which you are scheduled to have your surgery. In case of any confusion, you **MUST** contact us at least 24 hours before your scheduled procedure. Please be aware that you may also receive additional preparatory instructions prior to your surgery based on your specific procedure.

### **Medical Clearance**

All patients **MUST HAVE** medical clearance before their surgery can take place. You may be asked to see your medical doctor or hospital pre-operative center, or both. If you have any heart or lung condition, we will also ask that you see your cardiologist or pulmonologist before the surgery. Your medical doctors **MUST fax ALL your test results** along with a **note of surgical clearance** and recommendations to **THIS OFFICE** at least three days before your scheduled surgery. We also request that you obtain another copy of your test results and bring them with you on the day of your surgery.

### **Diet**

Regardless of the time of your surgery, you should **NOT eat or DRINK** anything **after midnight the night before your surgery**. If you have to take any medication, you may do so on the morning of your surgery with small sips of water only and **not** any juice or milk. Chewing Gums and sucking candies are **ABSOLUTELY FORBIDDEN**.

### **Medications**

**Aspirin & Plavix:** You **MUST to stop** both medications one week before your surgery. **However we would like you to consult with your medical doctor and your cardiologist to ensure that this is safe for you.** Please have them notify us if you cannot stop any of these medications. After your procedure, you will be notified about when you can resume taking the above medications.



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**Motrin and Non-Steroidal anti-inflammatory medications:** Please **DO NOT TAKE** these medications **at least one week prior** to your surgery. Tylenol and codeines are **ALLOWED**. For further specific instructions, please contact us or your medical doctor.

**Coumadin (Warfarin):** You should **stop taking this medication at least three days** before any kind of surgery. Depending on your medical condition, your medical doctor or your cardiologist may choose to place you on temporary injections such as Lovenox or Heparin. In that case, you will also need to hold off on the injections on the day of your surgery. **It is extremely important** that you notify your medical doctor about your surgery and receive specific instructions about your Coumadin. You must also repeat your blood test on the day before your surgery to make sure that your blood is not too thin. You will be informed about the time that you can resume taking your Coumadin after your surgery. However, if you have not received any specific instruction, then contact us immediately.

**Diabetic Medications:** If you are diabetic, and taking diabetic pills, you **should not** take them on the day of your surgery. If you are on insulin injections, then you have to speak to your medical doctor for more specific instructions. In general, we would like you to inject only half of your usual **long acting** Insulin in the morning. However, your medical doctor may give you different instructions that you will need to follow. You may resume these medications the day after your surgery, unless you are told not to do so.

**Blood Pressure Medications:** We require that you take all of your blood pressure medications as early as possible on the day of your surgery with small sips of water. Please ask your medical doctor for further specific instructions.

**Heart Medication:** You need to take your heard medication on the day of your surgery as early as possible with small sips of water. Please consult with your medical doctor if you need to make any additional changes.

**Vitamins & Herbal Supplements:** We ask that you **STOP** taking these drugs at **least one week** prior to your surgery and for one week after your surgery.

**Other Medications:** If you are taking any other important medications aside from what has been explained above, you may take them with small sips of water as early as possible on the day of your surgery. However please consult with your medical doctor or the specialist who has prescribed that medication to you for more detailed instructions.



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## Day of Surgery

Please plan to arrive at the hospital at least **TWO hours** before your scheduled procedure. This will give us enough time to review your medical records and request additional information or order necessary test if they are missing from your records. It would be a great help to us if you **bring with you a copy of all your tests**, particularly your stress and echocardiogram results, as well as any available doctor reports. Please bring with you **a written list of the medications** that you are actively taking with their correct doses. If you do not have a list, then bring the medication bottles with you. You must also **bring someone** with you to the hospital who will take you home after the surgery.

We make every effort to make your surgery safe and successful. Therefore, we must be very strict about the above instructions. Please be aware that any deviation from these instructions will most likely result in cancellation or delay of your surgery. If you have any questions, please do not hesitate to call us or to make another appointment with us so that we can review these pre-surgical instructions with you.