

**Peak Anesthesia and Pain Management
Advanced Pain and Anesthesia Services
(720) 870-7446 tel (720) 870-7460 fax**

PREPARING FOR YOUR OUTPATIENT PROCEDURE

The following directions should be read and followed carefully prior to your appointment. Please be sure to call the office if you have *any* questions or concerns. Failure to follow these instructions properly could result in the cancellation of your procedure.

Anticoagulant Medications must be stopped a full seven days prior to your procedure. These over-the-counter (OTC) and prescription medications or supplements inhibit blood clotting. Common examples are aspirin, Aggrenox, Coumadin[®], Effient[®] and Plavix[®]. A more inclusive list can be found on the reverse.

NSAIDs must be stopped at least 48 hours prior to your procedure. As with anticoagulant medications, these OTC and prescription non-steroidal anti-inflammatory drugs also inhibit blood clotting. Common examples are Advil[®], Aleve[®], ibuprofen, and naproxen sodium. A more inclusive list can be found on the reverse.

Antibiotics: If you have an active infection or fever, it must be treated before you can have your procedure. You may not be on antibiotic therapy at the time of your procedure. Antibiotics include penicillin and erythromycin.

Dental Work: Please avoid dental work for seven days prior to your appointment.

Anesthetics: Your procedure will be conducted with one or more of three anesthetic options. All procedures use local anesthetic to numb the area. In addition, you may have either IV sedation or doctor-administered sedation.

Fasting/NPO: Means taking in *nothing by mouth*.

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| Local | Procedures without sedation involving only local anesthetics require that you fast a minimum of 2 hours prior to your scheduled arrival time. |
| IV Sedation (RN) | Procedures requiring moderate IV sedation require that you fast for a minimum of 4 hours prior to your scheduled arrival time. |
| Anesthesia (MD) | Procedures or surgeries requiring an anesthesiologist require a minimum of 8 hours prior to your scheduled arrival time. |

Transportation: You must arrange for a friend or family member to drive you home from the hospital. For directions to the hospital, use the contact numbers on the procedure information sheet.

Checking In: Depending on the location, plan to check in a minimum of one hour prior to your surgery. See your appointment information for the arrival time. Remember to bring your ID and insurance card.

Checking Out: Go directly home from your surgery and be sure to follow the instructions provided by the hospital staff. If you experience complications, please call us at the number at the top of the page. Otherwise, a member of our staff will call you in a few days to check on you and remind you of any follow-up appointments that need to be made.

CONDITIONS THAT WILL CAUSE YOUR APPOINTMENT TO BE RESCHEDULED

A blood-sugar level greater than 160, and INR of greater than 1.2, an active infection, a temperature greater than 100°, or if you are taking an antibiotic.

Medications/Supplements to Stop Taking Prior to Your Surgery

Prescription Medications (7 days)

Aggrenox (aspirin, ex rel dipyridamole)
Coumadin® (warfarin sodium)
Effient® (prasugrel)
Empirin® with Codeine (aspirin with codeine)
Floriset with Codeine
Fiorinal with Codeine
Innohep® (tinzaparin)
Percodan® (oxycodone w/ aspirin)
Plavix® (clopidogrel)
Pradaxa® (dabigatran etexilate mesylate)

OTC Meds and Supplements (7 days)

Aspirin
Alka-Seltzer®
Anacin®
Bayer Aspirin®
Bufferin®
Coracidin®
Ecotrin®
Empirin®
Excedrin®
Kaopetate®
Pepto Bismol®

Prescription Medications (2 days)

Clinoril® (sulindac)
Daypro® (oxaprozin)
Dolobid® (diflunisal)
Feldene® (piroxicam)
Heparin
ibuprofen
Indocin® (Indomethacin)
Lodine® (etodolac)
Lovenox® (enoxaparin)
Mobic® (meloxicam)
Naprosyn® naproxen
Orudis® (ketoprofen)
Relafen® (nabumetone)
Tolectin® (tolmetin sodium)
Toradol® (ketorolac)
Vicoprofen® (hydrocodone and ibuprofen)
Voltarin® (diclofenac)

OTC Meds and Supplements (2 days)

Aleve® (naprosyn)
aloe
bilberry
cayenne
chamomile
echinacea
ephedra
feverfew
fish oil
garlic
ginger
gingko biloba
ginseng
goldenseal
grape seed
hawthorne
kava-kava
licorice
melatonin
milk thistle
Motrin® (ibuprofen)
peppermint
saw palmetto
st john's wort
valerian
vitamin E

**PLEASE CONTINUE TO TAKE ANY
PRESCRIPTION MEDICATIONS WHICH ARE
NOT COVERED BY THESE INSTRUCTIONS.
IF YOU ARE UNSURE ABOUT A MEDICATION,
PLEASE CALL US**