

**Pre-Operative Instructions for Surgery**  
**Barnes Jewish Hospital Preoperative Instructions for Outpatient Surgery**  
**and Overnight Stay**

**Patient Name:**

**Surgery Date:**

1. If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid or Lovenox, your primary care physician must be consulted before discontinuing prior to scheduling surgery.
2. STOP all Herbal Medications, Vitamin E, Diet Pills, Multivitamins, and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen 7 to 10 days prior to surgery.
3. STOP all Cholesterol lowering medications, Lipitor, Zocor, Pravachol, 48 HOURS PRIOR to surgery.
4. DO NOT TAKE ANY Diuretics or Water Pills the morning of surgery.
5. DO NOT TAKE these medications the morning of surgery: BENAZEPRIL, CAPTOPRIL, ALAPRIL, QUINAPRIL.
6. You MAY TAKE any HEART MEDICATIONS or BLOOD PRESSURE MEDICATIONS the morning of surgery with a sip of water, unless otherwise indicated by the pretest center (CPAP).
7. You MAY USE PRESCRIBED INHALERS AND you MUST BRING THEM WITH YOU the day of surgery.
8. If you are a Diabetic, consult you primary care physician for instructions prior to surgery.
9. If pain medication is needed prior to surgery, Tylenol CAN BE USED as necessary unless the pretest center (CPAP) has cleared you to take other medications prescribed by a pain management physician.
10. If you have any further questions regarding your medications, please call your surgeon's office.
11. DO NOT eat or drink anything after midnight the day before surgery, or the morning of surgery (except for certain morning medications). This includes candy, mints, coffee, water, gum and cigarettes.

12. DO NOT wear any jewelry, make-up, nail polish, hair clips or contact lenses the day of surgery. Bring your contact lens case and cleaning solution to the hospital if you wear contacts.
13. DO NOT bring any valuables with you to the hospital or they will have to be placed with security or left with the accompanying person.
14. It is recommended that you wear loose, comfortable clothing to the hospital the day of surgery. Wear something that is loose enough to fit over the operated site that may have a bandage over it, especially if you are going home the same day.
15. **Plan to arrive at the hospital 2 hours prior to your surgery time as told by your Doctor's office.**
  - **(South) Report to Admitting Department 1<sup>st</sup> floor of Barnes Jewish Hospital, South Campus to check in. Parking is available in the South Parking Garage located at Barnes Hospital Plaza. Valet parking is available on the street level in front of the hospital. Your parking ticket will be validated in the Same Day Surgery waiting room.**
16. If you are having OUTPATIENT SURGERY, it is REQUIRED that you have a responsible person provide you with transportation after surgery, and must be able to stay with you 24 hours following surgery. You cannot take the bus or a taxicab home alone.
17. If you are staying overnight after your surgery, you will be transported to your room after a short stay in the recovery room.
18. ALL patients for ALL surgeries REQUIRE pre-testing unless otherwise told by your surgeon. Additional pre-testing information has been given to you.
19. Please call our office at (314) 362-7388 if you have any further questions or concerns.