



A Division of Drummond Medical Group, Inc.

1111 N. China Lake Blvd. · Ridgecrest, CA 93555-3131 · Fax (760) 446-8181 · Phone (760) 446-8100

AMBULATORY SURGERY AND MORNING ADMISSION INSTRUCTIONS

*You will receive a call between 10am and 4pm the **business day before** your surgery with an arrival time. We are open Monday through Friday except Holidays.*

The following instructions have been developed to help make your admission more efficient. Please read carefully and call if you have any questions.

1. THE NIGHT BEFORE SURGERY

- a. DO NOT eat or drink anything after midnight. That includes: NO WATER, NO COFFEE, NO TEA, and NO SODA. Exceptions to this are made only by ANESTHESIA.
- b. If you are a smoker we strongly encourage you not to smoke after midnight. Absolutely NO SMOKING is allowed in the Surgery Center.

2. ON THE DAY OF SURGERY

- a. You are encouraged to shower with antibacterial soap and brush your teeth.
- b. Wear comfortable clothing.
- c. DO NOT eat or drink anything, including water, unless otherwise instructed.
- d. DO NOT WEAR: makeup, hairpins or contact lenses.
- e. IF YOU TAKE ANY OF THE FOLLOWING:

Heart medications
Blood pressure medications
Thyroid medications
Seizure medications
Oral diabetic medications

Take the normal dose of the above medications with a sip of water at your usual time.

If you have questions about a medication, please contact your physician.

- f. DO NOT bring valuables with you.
- g. BRING THE FOLLOWING WITH YOU:
Medications or inhalers that may be needed in recovery
Assistive devices
The completed Anesthesia Pre-Operative Information sheet
Insurance cards (only if a copy was NOT made at pre-registration)
A Picture I.D. (such as a driver's license-only if not done at pre-registration)

3. ONCE YOU ARRIVE ON THE DAY OF SURGERY

- a. You will be checked in at the Reception Desk.
- b. You will be given a gown to change into.
- c. The nurse will have you sign a surgical consent explaining your procedure.
- d. The person providing your anesthesia will evaluate you.
- e. You may have 1 or 2 people with you in the pre-op area.
- f. You will then be taken to the O.R. suite and will wake up in the recovery room.

4. BEFORE DISCHARGE YOU WILL:

- a. Be given a snack and something to drink.
- b. Be given instructions for home care.
- c. Receive information regarding your follow up visit with your doctor.

YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME. IT IS STRONGLY SUGGESTED THAT YOU HAVE SOMEONE STAY WITH YOU FOR THE FIRST 24 HOURS AFTER SURGERY.