



The Austin Diagnostic Clinic
Ambulatory Surgery Center

PRE-OPERATIVE INSTRUCTIONS

DATE OF SURGERY _____ ARRIVAL TIME _____

Please **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**, the night before your procedure/surgery. This includes **NO** water/liquids, gum, mints, hard candy, chewing tobacco or food. If you are taking heart, high blood pressure or breathing medications, please take the medication with a small sip of water the morning of surgery. **DO NOT TAKE DIABETIC MEDICATION PRIOR TO SURGERY.**

Please wear loose, casual clothing. No undershirts for men. Wear or bring a pair of socks to keep your feet warm. Please advise your ride to bring a light jacket/sweater and snack.

You will need to make arrangements to be driven home from the surgery center **BY AN ADULT**. Your ride should wait for you at the Center while your surgery is being performed. Please have only ONE family member or friend accompany you.

If you are having general anesthesia, you will need to have an adult stay with you for at least 12 hours following your surgery.

DO NOT wear contact lenses to the Center.

Remove all make-up. If you are having hand or foot surgery, remove nail polish.

Before surgery, shower thoroughly, using an antibacterial soap concentrating on the surgical area, unless told otherwise by your surgeon. It is okay to use deodorant, but **DO NOT USE** perfumes or lotions.

REMOVE ALL JEWELRY, including body piercings and leave at home.

Please bring your driver's license, insurance card, and method of payment.

Most important, **LEAVE ALL YOUR VALUABLES AT HOME.** Examples: purses, wallets, rings, watches, necklaces, earrings, cell phones, pagers, computers.

Special note for WOMEN: please let us know if you think (or know) you are pregnant. This may change the type of anesthetic and/or medications that you are given.

If you have an "Advanced Directive", please bring it with you. Our staff will need to make a copy of it for your medical record.

The Austin Diagnostic Clinic Ambulatory Surgery Center
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