



Ironwood Women's Centers

Ironwood Cancer & Research Centers

Pre Op Instructions

The following are instructions you should follow for your scheduled surgery. If you are unable to keep your scheduled surgery appointment, please contact the surgery scheduler to cancel or reschedule as soon as possible.

- ❖ If you have been scheduled for an outpatient surgery, you will be discharged on the same day.
- ❖ If you have been scheduled for an inpatient surgery, you will be discharged once your surgical team feels you meet criteria for discharge. This may be as short as overnight for some procedures. Other procedures may require a 3-5 day hospital stay.
- ❖ You may be asked to perform two showers with an antibiotic body wash the evening prior to and the morning of your surgery. If so, you will be given instructions on a separate sheet as part of your surgical packet.
- ❖ You may be asked to perform a bowel preparation the afternoon/evening prior to surgery. If so, you will be given instructions on a separate sheet as part of your surgical packet.
- ❖ You will need someone to drive you to and from the hospital. Plan on having someone with you for the first 24 hours following surgery. You may need help with meals, laundry, bathing or cleaning when you go home from the hospital after your surgery. Stock your refrigerator and freezer with food that is easy to reheat. Make plans with your family and friends so you will have the help that you need.
- ❖ Please note: You must be off ALL BLOOD THINNERS for 7 days prior to surgery. This includes Aspirin, Motrin, Aleve, or Ibuprofen. Should you need something for pain, Tylenol is preferred. You will need to stop taking all herbal/weight loss supplements 1 week prior to surgery.
- ❖ If you are on Coumadin/Warfarin or any other blood thinners prescribed by a Physician, you will need to get instructions from that Physician to stop your medications and for other instructions.
- ❖ NO contacts, make-up, jewelry or nail polish should be worn the day of surgery.
- ❖ The day before your surgery, you can have your regular diet for breakfast. You can have a light lunch. For dinner, you can have a clear liquid diet. DO NOT have anything to eat or drink after midnight, unless otherwise instructed by your physician/surgery team. No chewing gum, smoking or water.
- ❖ If you have sleep apnea & use a CPAP machine, please bring it and your mask to the hospital.
- ❖ If pre-op studies have been ordered, you should complete those 2 weeks prior to your surgery, unless instructed otherwise. If you are going to your Primary Care Physician for your pre-op evaluation, you are responsible for making sure the results are faxed to us prior to your scheduled surgery date.
- ❖ The business day prior to your surgery, you will receive a phone call to confirm arrival time and place.

Some insurance companies require the use of free-standing labs and/or imaging centers. It is the patient's responsibility to make sure the facilities being used are contracted, since this depends on the availability of benefits from your insurance company.

Hospital: _____

Date of Procedure: _____

Arrival Time: _____

Surgery Start Time: _____

Mario Javier Pineda, MD/PhD

Chandler Office
695 S. Dobson Rd.
(480) 324-5200

Gilbert Office
3686 S. Rome St.
(480) 792-6006