

Pre-Operative Instructions

Pre-Operative Planning

Common Preoperative Tests

You may be asked to undergo a few tests before your surgery. Examples include:

Blood Count	Metabolic Profile	Chest X-Ray	EKG
Stress Test	Cardiac Clearance	Urinalysis	Pregnancy Test

Medications to know:

1 hour before you are scheduled to arrive at the hospital you should take:

- Ibuprofen 800mg (1 tablet)
- Gabapentin 600mg (2 capsules)

If you are taking any of the following Medications, you will be asked to hold them

- Metformin – Hold for 48 hours before surgery
- Blood Thinners – See separate handout for instructions on blood thinners

On the morning of your procedure, please take any blood pressure, seizure, or asthma medications with a small sip of water. Please do not take any of your other medications unless instructed otherwise.

Diet:

- 1 week before surgery – begin a low fat diet and do not drink alcohol
- 3 days before surgery – do not use tobacco
- 1 day before surgery – Do not eat food after midnight the day before surgery
- Day of surgery – you may have clear liquids (see separate list) up to 3 hours before surgery

Exercise:

- Exercise is encouraged up to the day of surgery
- Give extra consideration to hygiene for the week before surgery
- Wash with Hibiclens the night before and the morning of surgery (see instructions)
- Maintain good oral hygiene the day before and day of surgery
- Do not shave the surgical site

Financial:

The surgery will be performed at Duncan Regional Hospital. DRH contracts with almost all major insurance companies. Patient account managers are available to assist with financial questions.

You can reach your DRH account manager at (580) 251-8130.

In addition to hospital costs, you may receive separate bills for any radiology, pathology, and anesthesia services performed.

The surgical procedure will be billed through Che Miller MD PLLC. Please ask your nurse if you have any questions or call our office at (580) 255-9797 to speak to our billing staff.