Preparing For Your Procedure

The following patient education is for your safety and should be followed so your procedure isn’t delayed or cancelled. Please feel free to ask questions along the way. We want to ensure you as comfortable as possible.

1-28 Days Before

- **Pre-Admission**: It is important that you schedule your pre-admission appointment. Please contact the facility where your procedure is being performed. Your pre-admission appointment will involve specific instructions and any required testing before your procedure.

  **Procedure locations:**
  - **Renown Regional Medical Center**
    Roseview Tower or Tahoe Tower
    1155 Mill St.
    Monday-Friday, 7 a.m. to 6 p.m.
    775-982-3993
  - **Renown South Meadows Medical Center**
    10101 Double R Blvd., 1st Floor
    Monday-Friday, 7 a.m. to 5:30 p.m.
    775-982-3993

- **Vitamins, herbal supplements and diet medications, including Phentermine**: Stop taking these two weeks before surgery.

- **Medications**: If you are taking diabetes medications, aspirin, medicine that contains aspirin, blood thinners or have bleeding trouble, please speak with your doctor to know when you should stop taking these medications.

- **Anti-inflammatory drugs**: One week prior to surgery, or per your doctor’s request, stop taking any anti-inflammatory medication such as ibuprofen (Advil, Motrin) or naproxen (Aleve). Acetaminophen (Tylenol) is okay to take before surgery.

- **Erectile dysfunction medications**: Do not take these 48 hours prior to your procedure unless instructed by your physician.

- **Stool softeners**: Because pain medications are known to cause constipation, it is recommended you take stool softeners a few days prior to your procedure and continue through your recovery at home.

- **Drugs**: Do not use marijuana or recreational drugs 48 hours prior to surgery.

- **Transportation**: Arrange for a responsible adult to drive you home and stay with you for the first 24 hours after surgery.

  If you do not have someone to drive you home, it may be necessary to cancel or reschedule your surgery.

The Night Before

- **Confirm check-in time**: If you have not received a check-in time for the day of your procedure, please call your doctor’s office to obtain this information.

- **Notify if sick**: If you are sick, have a sore throat, cold or fever, notify your surgeon before coming to the facility.

- **Shower right before your surgery**: Follow your doctor’s specific bathing instructions. Shower or bathe with an antibacterial soap (i.e. Dial Soap) the night prior or the morning before your arrival. Antibacterial soap can be purchased at most grocery or drug stores. Use a clean towel to dry off.

- **Remove**: All body piercings and jewelry, including toe rings. You may be asked to remove dentures or removable partials prior to surgery. A denture cup will be provided.

  **Necessary belongings to pack:**
  - Insurance card(s) and driver’s license
  - Any orders from your doctor
  - An updated medication list
  - Form of payment if you have not already paid
  - Co-payment if needed for prescriptions
  - Glasses and hearing aids
  - Ear buds for your electronic devices
  - **Oxygen**: If you are on CPAP, BIPAP, or home Oxygen and have a portable tank, please bring your unit or tank with you.

  **Plan to wear**: Loose fitting, comfortable clothing that is easy to put on and take off.

  **Medications**: Continue to take daily scheduled blood pressure, heart, and pain medications on your usual schedule with a sip of water. Check with your doctor to see if you should take diabetic or specific blood thinner medication.

  **Alcohol**: Do not drink alcohol after 6 p.m. the night before your surgery.

  **Diet**: Do not chew or smoke tobacco (regular or e-cigarettes) after midnight the night before your surgery, unless instructed by your doctor or the anesthesiologist.

  - No solid food 8 hours prior to your surgery.
  - You may have clear liquids (including water, apple juice or 7-Up) until 3 hours prior to surgery.
  - If currently on gastric tube feeds, you may continue until 8 hours prior to surgery.
  - If meals through surgically-placed post-pyloric tube, you may continue until you arrive for surgery.
  - **Other:**

    For your safety, surgery may be cancelled or delayed if you have consumed any food or fluids outside of what is ordered above.

  **Bowel-preparation patients**: please follow instructions provided by your doctor.
Necessary belongings to pack:
- Insurance card(s)
- Driver’s license
- Any orders from your doctor
- Updated Medication List
- Form of payment if you haven’t paid already
- Glasses
- Hearing aids
- If you want to bring something to read or electronic device with ear buds, a locker will be provided.

Please bring carrying cases for these items. Renown is not responsible for lost or damaged items.

Please do not bring:
- Valuables, such as jewelry
- Contact lenses are not advised to wear on the day of surgery. If you do not have glasses, bring a contact lens case and solution with you.
- Oxygen: If you are on CPAP, BIPAP, or home Oxygen and have a portable tank, please bring your unit or tank with you.
- Medications: Please take medications for asthma, seizures and pain the day of surgery with a small sip of water. You may need to take certain blood pressure or heart medications on the day of surgery. You should have received these instructions at the pre-admission appointment or from your doctor.

Filling narcotic prescriptions: It is important to note that narcotic prescriptions need to be filled in Nevada. Please make arrangements to get your prescription filled before you leave the state. Renown offers a CVS Pharmacy on campus open Mon.-Fri., 8 a.m.-6 p.m., or you can fill your prescription at a preferred pharmacy of choice. Photo ID may be required when filling a narcotic prescription.

If you experience any of the above symptoms and are unable to contact your doctor or surgical center, go to the nearest emergency or urgent care.

If you experience the following need medical attention:
- Fever greater than 101°F
- Pain not relieved by medication
- Persistent nausea or vomiting
- Excessive bleeding (blood soaking through dressing)
- Unexpected drainage from wound
- Extreme redness or swelling around the incision site, discharge or unpleasant smell around the incision area
- Inability to urinate/empty your bladder within eight hours
- Inability to pass gas within eight hours
- Constipation
- Irritability
- Seizures
- Skin or incision breakdown
- String or suture pulling out

If you experience any of these symptoms:
- Call your doctor
- Call 911 if you develop problems breathing or chest pain.