



# SOUTHWEST IDAHO SURGERY CENTER

## *Pre-Surgery Instructions*

### CONTACT INFORMATION:

- The Surgery Center is located at 900 N. Liberty St. Ste 450 Boise, ID 83704.
- We are located on the fourth floor of the Liberty Building, take a RIGHT off the elevators into the Surgery Center.
  - **Surgery Center Scheduling: 208-813-9248**
  - **Surgery Center Front Desk: 208-813-9448**
  - **Surgery Center Nurses Station: 208-813-9351**
- The Surgery Center will call you the **DAY BEFORE** your surgery to confirm your arrival time.

### WHAT TO BRING:

- A responsible adult to **DRIVE YOU HOME & STAY WITH YOU FOR 24 HOURS AFTER SURGERY.**
- Photo ID, Insurance Card, & Payment for any deposit or deductible due. Payment is REQUIRED prior to Surgery.
- A complete list of your medications, including over-the-counter vitamins and supplements.
- Any inhalers you use at home.
- A sippy cup or bottle and change of clothes for infants and toddlers.

### WHAT TO DO:

- Wear loose, comfy clothes. If you are having nose or sinus surgery, wear a button-up shirt.
- You will be asked to remove **all clothing** and change into a patient gown upon arrival to the center.
- Do not wear make-up, perfume, or cologne & leave your valuables at home. REMOVE ALL JEWELRY AND PIERCINGS.
- If you wear glasses or contacts, remove your contacts at home and wear glasses.
- For children younger than 18 years of age, one parent or guardian must always remain on-site.
- If you test positive for Covid-19 during the **14 DAYS** prior to your surgery, you will need to reschedule.
- If you experience cold or flu symptoms during the 14 DAYS prior to your surgery, please notify the surgery center.

### WHEN TO STOP EATING & DRINKING:

- Stop **EATING & DRINKING @ MIDNIGHT**, the night before surgery.
  - Candy, mints, tobacco products, and gum are considered solid foods
- Stop infant and toddler FORMULA **6 HOURS** prior to surgery. Stop infant and toddler BREAST MILK **4 HOURS** prior surgery.

### WHAT TO EXPECT:

- Upon admission, you will change into a patient gown, removing all your undergarments.
- Anyone with child-bearing capabilities will be asked to provide a urine sample for pregnancy testing.
- If post-operative pain medication is prescribed, you will receive the prescription upon discharge, it cannot be called into any pharmacy.
- Children undergoing anesthesia may wake up inconsolable and irritable for a period of time.

### CAR SEAT SAFETY:

- Anesthesia may cause increased drowsiness for 24 hours. It is best to have two adults accompany your child home so while one adult drives, the other may observe the child.
- If your child falls asleep in their car seat, ensure their head/chin has not fallen towards their chest and occluded their airway.
- Ensure they are breathing normally, without difficulty, and without unusual noises.
- Ensure their car seat straps are placed and positioned according to manufacturer instructions, so they are not restricting their airway.
- Place a mirror on the headrest for rear-facing car seats, ensuring you can visualize your child during the entire car ride home.

## MEDICATIONS AND SUPPLEMENTS:

### CONTINUE TAKING:

• <b>Beta Blockers:</b> Atenolol, Bisoprolol, Carvedilol, Esmolol, Labetalol, Metoprolol, Nadolol, Propanolol, Sotalol
• <b>Calcium Channel Blockers:</b> Amlodipine, Diltiazem, Felodipine, Nicardipine, Verapamil, etc.
• <b>Psychoactive Medications:</b> Lorazepam, Clonazepam, Diazepam, Hydroxyzine, Risperidone, Xanax, Klonopin, Valium, Ativan, Buspar, Prozac, Zoloft, Lexapro, Lithium, etc.
• <b>Antidepressants:</b> Amitriptyline, Imipramine, Citalopram, Fluoxetine, Sertraline, etc.
• <b>Anti-Convulsants:</b> Carbamazepine, Lamotrigine, Oxcarbazepine, Topiramate, Levetiracetam, etc.
• <b>Heartburn Medications:</b> Famotidine, Ranitidine, Omeprazole, Pantoprazole, Tums, etc.
• <b>Anti-Spasmodics:</b> Baclofen, Cyclobenzaprine, Tizanidine, Carisoprodol, Depakote, Lyrica, Neurontin, Clozapine, etc.
• <b>Narcotics or Pain Medications that you take on a regular basis</b>
• <b>Anti-Arrhythmic, Thyroid Medications, Gout Medications, Parkinson's, Dementia, &amp; MS Medications</b>
• <b>Birth Control Medications</b>
• <b>BPH Medications:</b> Finasteride, Tamsulosine, Terazosin, Dutasteride, etc.
• <b>Cholesterol Medications:</b> Atorvastatin, Simvastatin, Pravastatin, etc.
• <b>Glucocorticoids:</b> Prednisone, Hydrocortisone, Dexamethasone, etc.

### DO NOT TAKE MORNING OF SURGERY:

• <b>Diuretics:</b> Water pills, Lasix, or any medication with HCTZ
• <b>Anti-Diabetics:</b> Metformin, Glyburide, Glipizide, Avandia, Januvia, Jardiance, etc.
• <b>Rapid &amp; Short Acting Insulins:</b> Regular U-100, Lispro, Aspart, NPH, etc.
• <b>Take HALF your normal Long Acting Insulin dose.</b>
• <b>Ace Inhibitors:</b> Benazepril, Lisinopril, Perindopril, Quinapril, Ramipril, Trandolapril, etc.
• <b>Angiotension II Receptor Blockers:</b> Azilsartan, Candesartan, Irbesartan, Valsartan, Telmisartan, Losartan
• <b>PDE-5 Inhibitors:</b> Sildenafil, Tadalafil, etc.
• <b>Stool Softeners, Laxatives, or Antidiarrheals</b>

### STOP 7 DAYS BEFORE SURGERY:

• <b>NSAIDS:</b> Ibuprofen, Advil, Aleve, Motrin, etc.
• <b>All Vitamins, Herbs &amp; Supplements:</b> Vitamin E, Ginkgo, Garlic, Ginger, Fish Oil, Ginseng, Echinacea, etc.
• <b>GLP-1 Receptor Agonist:</b> Byetta, Trulicity, Ozempic, Wegovy, Semaglutide, Lixisenatide, Liraglutide, Dulaglutide, Mounjaro, etc.

### STOP 14 DAYS BEFORE SURGERY:

• <b>Diet or Weight Loss Medications:</b> Phentermine, Dextroamphetamine, Orlistat, Belviq, Contrave, etc.
• <b>MAO Inhibitors:</b> Phenelzine, Selegiline, Tranylcypromine, Isocarboxazid, Pargyline, etc.

### ANTI-COAGULANTS:

If you are prescribed any of the following medications by your cardiologist, please <b>HOLD</b> medications for <b>3 DAYS</b> or as indicated by your cardiologist. Please inform your cardiologist of your upcoming surgery for further guidance.
• <b>Aspirin, Coumadin, Effient, Eliquis, Plavix, Pradaxa, Xarelto, Saxaysa, Lovenox, Arixtra, etc.</b>