

# PRE-OPERATIVE INSTRUCTIONS

## COVID Notice:

Each facility has its own guidelines. Due to the on-going changes within the guidelines and recommendations, we ask that you contact the facility where you are scheduled at directly. We appreciate your understanding with this. The facility contact information is listed below:

<b><u>Baylor North Garland Surgery Center</u></b>  7150 N. President George Bush Hwy Suite 101 Garland, TX 75044 Phone: 214-703-1800 Fax: 214-703-1880 www.pas-garland.com	<b><u>Superior/Dallas</u></b>  4225 Office Parkway Dallas, TX 75204 Phone: 972-596-1059 Fax: 972-612-5410	<b><u>Peak Health Surgicare</u></b>  610 N. Coit Road Suite 2100 Richardson, TX 75080 Phone: 972-954-3588 <a href="https://peakhealthsurgicare.com">https://peakhealthsurgicare.com</a>
	<b><u>Superior/Plano</u></b>  6200 Preston Road Suite 400 Plano, TX 75024 Phone: 972-596-1059 Fax: 972-612-5410	<b><u>Superior/Ft Worth</u></b>  5651 East Lancaster Avenue Suite 300 Ft. Worth, TX 7612 Phone: 972-596-1059 Fax: 972-612-5410

## Financial Notice:

**Payment for all procedures is due no later than the day prior to the scheduled procedure date.**

Estimates for any out-of-pocket expense will be sent to all patients through our patient portal. Please be aware that we do request all patients to have access to their patient portal. Payments can be made by calling our office at 972-596-1059. **\*Please note that the facility will contact patients separately for any out-of-pocket expense that is due to them as that payment is separate from the payment due to the doctor.**

All procedures not cancelled within 24 hours or any patient who no-shows to their procedure will be charged \$200.

If you need to reschedule or cancel your upcoming procedure or if you have additional questions or concerns, please contact our office at 972-596-1059 for further assistance.

## **Pre-Operative Instructions:**

### **Medications/Clearance:**

- Some pain management procedures require that you stop ALL BLOOD THINNERS and/or ALL NSAIDS\*\* several days prior to your procedure date. All procedures require you to stop all GLP-1 medications one week prior to your procedure date. Your medication list should be reviewed by your provider prior to scheduling your procedure to determine if you need to stop any of your active medications or to obtain medical clearance.

\*\*This also includes any OTC aspirins, analgesics, and anti-inflammatories\*\* (Please see attached list for reference of NSAIDS, Blood Thinners and GLP-1 medications).

If you are being prescribed any medication or actively being treated by a cardiologist, hematologist and/or vascular physician of any kind we would need to obtain medical clearance from them to hold your medications and/or determine your risk level for your procedure.

**\*Please contact our office and speak to a member of our clinical staff to confirm if you need to stop any of your current medications if you are unsure.**

### **Anesthesia/sedation:**

- **No food or drink** (including water) **at least 8 hours prior to your procedure OR 12 hours prior to your procedure if you are on any of the GLP-1 medications listed below.** If you have any medications that **must** be taken before your procedure AND has been approved by your physician, you may do so with very little water.

\*\*Since you will be receiving anesthesia/sedation, you will need someone that you know present to drive you home unless it was discussed and approved by your physician to perform your procedure under local anesthesia.

***You will not under any circumstances be allowed to drive yourself home after your procedure if receiving anesthesia/sedation. Uber, Lyft, or any other ride share service is not an approved transportation following your procedure.***

### **Facility Policies:**

- Once you are at the surgery center in pre-op, you will be asked to remove all clothing that might interfere with your procedure or be stained by the skin preparation including bra, underwear, shorts, pantyhose, or leggings. Please do not wear jewelry including watches and any piercings.

No outside items will be taken into the procedure/operating room. This includes any personal items, pillows and blankets from home, purses, etc.

## NSAIDS (ANTI-INFLAMMATORY) LIST:

Generic Name	Tradename
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, Naprapac (copackaged with lansoprazole)
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

## Blood Thinner List:

- Arixtra (Fondaparinux)
- Adexxa
- Aspirin
- Brilinta (Ticagrelor)
- Coumadin (Warafin)
- Effient (Prasugrel)
- Eliquis (Apixaban)
- Fragmin (Dalteparin)
- Jantovan (Warfarin)
- Plavix (Clopidogrel)
- Pradaxa (Dabigatran)
- Savaysa (Edoxaban)
- Xarelto (Rivaroxaban)

## GLP-1 Medications

- Dulaglutide (Trulicity)
- Exenatide extended release (Bydureon bcise)
- Exenatide (Byetta)
- Semaglutide (Ozempic)
- Liraglutide (Victoza, Saxenda)
- Lixisenatide (Adlyxin)
- Semaglutide (Rybelsus, Wegovy)
- Mounjaro (Tirzepatide)

### Anesthesia and Neuro Monitoring

Any questions regarding anesthesia and neuro monitoring can be addressed with Jarrod Rogers at 214-577-9191.