Surgeon Name/PIC: __________________________
Surgery Name: ______________________________
Surgery Date: _______________________________

ARRIVAL TIME: ______________________________ (provided by OPSC nurse during phone call)

PREPARING FOR SURGERY, UVA OUTPATIENT SURGERY CENTER (OPSC) AT THE BATTLE BUILDING
Thank you for choosing UVA Outpatient Surgery Center for your surgery. We are here to provide you and your family with safe, high-quality healthcare in a comfortable and convenient setting. For your safety, please be sure you have all your questions answered before surgery.

Please follow the instructions in the sections checked below and carefully review all the information. Please note: This is written for the person having surgery (ADULT OR CHILD). Staff will check a box for the actions to take:

You do not need an anesthesia assessment before surgery:
☐ On Day of Surgery GO TO:

UVA Outpatient Surgery Center: 1204 West Main St - Charlottesville, VA 22903

-------------------------------------------- OR --------------------------------------------------

You will need to have an assessment by an anesthesia nurse / doctor before surgery. Please follow the instructions for the section that is checked:
☐ You need to have a WALK-IN Assessment. Go to PETC (Pre-anesthesia Evaluation and Testing Center) Hospital Main Lobby 1215 Lee Street Charlottesville, VA 22908
  • PETC is open Monday-Friday 8am-5:30pm (Wed open 9am)
  • Bring this handout and any paperwork given to you by your Doctor’s office.
  • Please allow two (2) hours. Plan ahead - food, drink, ride home, medical equipment, etc.
  • You may have a blood test, test of your heart (EKG), and other tests your surgeon requests.
  • For questions or if you are unable to visit PETC please call your surgeon. Failure to visit PETC before surgery may result in cancellation of your surgery.

☐ You need to have a PHONE assessment. (PLEASE BE SURE WE KNOW HOW TO REACH YOU.)
  • You do NOT need to go to PETC for your assessment. It will be done over the phone.
  • A nurse will call you before your surgery date.
  • This call should last about 30 minutes. We will ask you questions about your health.

IF you have ANY questions or concerns please call (Monday-Friday 6:00am-7:30pm)
  Outpatient Surgery Center Nurse Call Line 434-982-3107
  Outpatient Surgery Center Main Number 434-982-6100
  Outpatient Surgery Center Toll Free 888-882-4635
  UVA Toll free number for all UVa Services 800-924-3627
  UVA Page Operator to contact your doctor 434-924-0000

For a copy of these instructions and other information Please visit: http://uvahealth.com/patients-visitors-guide
Two days before surgery an OPSC nurse will call you.
- We will review all instructions in this handout
- We will give you your arrival time.
- If you have not heard from us by 4:30pm on the day before your surgery or you have a block on your phone, please call 434-982-3107. Leave a message, we will call you back.
- If you are staying at a hotel, please tell us where you are staying and the name on the registration.

I. GETTING READY
Please read this handout carefully. We encourage you to take notes and keep this handout near the telephone to be ready for our phone call.

Please note:
- For your safety and comfort, patients and families must read, understand, and follow ALL the directions in this handout including eating, drinking and taking medicines. **Your surgery may be delayed or cancelled if you do not follow the directions.**
- You must have a responsible adult with you to take you home and stay with you after surgery.
- If you get sick with a cold, fever, flu symptoms, call your surgeon or the UVA OPSC.

II. EATING AND DRINKING BEFORE ARRIVAL TIME:

➢ **ALL PATIENTS, Adults and Children of all ages:**

**NO SOLID FOOD AND NO CHEWING GUM OR TOBACCO AFTER MIDNIGHT PRIOR TO SURGERY.**
May have water, Gatorade®, Pedialyte®, apple juice OR BLACK COFFEE (SUGAR IS OK, BUT NO CREAMER OF ANY KIND) until 2 hours before your scheduled arrival time at the OPSC. -**THESE ARE THE ONLY LIQUIDS ALLOWED.**

➢ **ALSO, CHILDREN 12 MONTHS OLD AND YOUNGER:**
May have breast milk until 4 hours before the scheduled arrival time at the OPSC.
May have formula until 6 hours before the scheduled arrival time at the OPSC.

III. TAKING MEDICINES BEFORE SURGERY
Most medicines should be taken at their usual scheduled time, even on the day of surgery. Medicines include prescriptions, over the counter, vitamins, herbal remedies, etc.) Take medicines with a small sip of water. We will review your medicine list with you and give you specific instructions about YOUR medicines when we call.

If you monitor your blood sugar: Your goal is to keep it between 80 and 150 before and after surgery. On the morning of surgery if your blood sugar is low or you feel weak or dizzy please drink a clear liquid with sugar.
Notes about your medications and how to take them on the day OF surgery:
Please read the following carefully and call if you have any questions or concerns:
Unless otherwise instructed, TAKE:

- **medications for lung and heart conditions** including for asthma, chest pain, and heart rhythm problems.
- **blood pressure medications. EXCEPT** the nurse who calls you will give specific information for: enalapril, captopril, benazepril, and lisinopril, candesartan, eprosartan, irbesartan, losartan, olmesartan, telmisartan, valsartan, irbesartan & HCTZ and losartan & HCTZ.
- **medications for seizures** (epilepsy), Parkinson’s disease, and Myasthenia Gravis.
- medications for acid reflux.
- medications for high cholesterol.
- medications for anxiety, depression and all psychiatric conditions.
- **narcotic medications for chronic pain** control (inc. methadone, fentanyl, morphine)

Talk with your surgeon about **medications that interfere with blood clotting** such as aspirin and drugs in the “NSAID” family including ibuprofen (ie: Advil, Motrin), naproxen, diclofenac, indomethacin, or combination drugs that include these medications) or other “blood thinners” such as clopidogrel, ticlopidine, enoxaparin, or warfarin. If you have a **cardiac stent** your surgeon and cardiologist will decide about use of these medications.

**Medications for Diabetes:** Take your usual doses of all diabetic medication on the day BEFORE surgery. Follow these instructions for the day OF surgery:
- **Insulin pump:** Continue using the insulin pump, but use only the basal rate once no longer eating. Return pump settings to normal after you are eating normally.
- Regular insulin (Novolin R®, Humulin R®), lispro (Humalog®), glulisine (Apidra®), aspart (Novolog®): Do not take these medications on the day of surgery until you are eating normally.
- NPH (Novollin N®, Humulin N-NF®), zinc insulin (Lente®), extended zinc insulin (Ultralente®): Take 1/2 of the usual morning dose on the day of surgery, and resume normal dosing when you are eating normally.
- Glargine (Lantus®), detemir (Levemir®): Take the usual dose.
- Novolin 70/30®, Humulin 70/30®, Humulin 50/50®, Novolog 70/30®, Humalog 75/25®, Humalog 50/50®: Do not take these medications on the day of surgery until you are eating.
- Metformin (Glucophage®), metformin extended release: Take the usual dose.
- Linagliptin/metformin (Jentadueto): Take the usual dose.
- Rosiglitazone (Avandia®), pioglitazone (Actos®): Take the usual dose.
- Sitagliptin (Januvia®), saxagliptin (Onglyza®), sitagliptin plus metformin (Janumet®): Take usual dose.
- Repaglinide (Prandin®), nateglinide (Starlix®): Do not take these medications on the day of surgery until you are eating normally.
- Glyburide (Diabeta®, Micronase®), glipizide (Glucatrol®), glimepiride (Amaryl®), gliclazide (Diamicron®), chlorpropamide (Diabenese®, tolbutamide (Orinase®): Do not take these medications on the day of surgery until you are eating normally.
- Liraglutide (Victoza®), exenatide (Byetta®), pramlintide (Symlin®): Do not take these medications on the day of surgery until you are eating normally.
- Acarbose (Precose®), Miglitol (Glyset®): Do not take these medications on the day of surgery until you are eating normally.
IV. BRING THE FOLLOWING WITH YOU:
- Bring all medicine bottles or a list (including doses and times)
- Bring any doctors’ reports for studies in the last five years NOT done at UVA
- Bring any Medical Insurance cards
- Bring a case for glasses, contact lenses or hearing aids.
- Wear loose, comfortable clothing.
- An Advance Directive form (if you have filled one out) or we will be glad to give you a form and information.
- If you have Sleep Apnea and use CPAP, bring your CPAP machine.
- For minor children only: A parent or legal guardian must be with a child (unless consent has been signed already by the parent or legal guardian). Bring a favorite stuffed animal, blanket or other item for comfort).

V. LEAVE THE FOLLOWING AT HOME:
- Do not wear jewelry, including wedding rings, or body piercings.
- Do not wear makeup, hairpins, or nail polish.
- Do not bring money or valuables.

VI. YOUR SURGERY – Surgery Safety Steps
- Go to the 11st St Parking Garage. Park on Level “C” or above.
- Enter the Battle Building via the “C” level link to the 3rd floor. Take the elevator to the 2nd floor. Check in at the Reception Area.
- We identify you for surgery by placing an identification band on your arm. Staff will ask you (or your family) to say your name and birthday (or other identifying information). If you are unable to speak, staff work together to confirm your identity.
- Please read the Rights and Responsibilities on the wall or ask us for a copy. We want to know if you have any concerns about your care at the UVA OPSC.
- As your time for surgery approaches, a nurse will bring you down to our pre-operative suite where we will check your blood pressure & pulse, place an IV (intravenous line), review health history and answer questions. Small children often have the IV placed after they are asleep.
  - Information on the consent form will be reviewed and signed if not already done. Be sure you have all your questions answered so you know what will happen and what to expect.
  - We use a ten point pain scale. We check your pain level before and after treatment.
  - We ask what type of surgery you are having and the location on your body. If your surgery involves a left or right limb or body side, or has multiple sites (like fingers and toes), the site is marked on your body by the doctor or another member of the surgical team.
  - Just before the procedure begins, everyone in the Operating Room participates in a “time out” and checks that they are doing the right procedure, on the right patient, in the right place. This may happen after you are asleep.
  - We prevent infections by careful hand washing and giving antibiotics, if needed.