

INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE

___ **Please stop all over the counter (OTC) blood thinners SEVEN (7) days before your procedure.**

(Examples: Aspirin, Motrin, Advil, Aleve, Ibuprofen, Vitamin E, or Fish Oil.)

___ Nothing to eat from midnight the night before your procedure. You may drink sips of water up to two (2) hours before the procedure to relieve dry mouth.

___ Take your regular medications with sips of water as directed. (**See exceptions**)

___ *****Diabetic Patients:** Your procedure will be scheduled before noon and you should CONTACT YOUR PRIMARY PHYSICIAN to discuss whether you should take your insulin or not. ****

___ ****If you take BLOOD THINNERS** such as Coumadin, Plavix, Lovenox, Heparin, Warfarin, Aggrenox, ReoPro, Persantine, Ticlid, Ecotrin, or Aggrastat, you need to STOP taking it before your procedure **according to your medical clearance.**

___ You must have someone to accompany and drive you home. Please make sure they are available all day.

___ We will call several days before your procedure to confirm the time of your appointment. It is sometimes necessary to make changes in the schedule.

___ Use a **cold pack**, not heat, to help reduce swelling or pain after your procedure.

Facility Locations:

Premier Outpatient Surgery Center
900 East Washington Street, Ste 155
Colton, CA 92324
(909)370-2190

University Surgery Center
25405 Hancock Ave, Ste 110
Murrieta, CA 92562
(951)677-2333

LLUMC-Murrieta
28062 Baxter Rd
Murrieta, CA 92563
(951)290-4000

Spine Institute
28078 Baxter Rd. Suite 128
Murrieta, CA 92563
(951)894-5000