**Procedure Date:** 01/09/24

**Procedure Location:** YOUR PROCEDURE TIME AND LOCATION HAVE NOT BEEN CONFIRMED. IF YOU HAVE NOT HEARD FROM US THE NIGHT BEFORE SURGERY BY 6:30 PM, PLEASE CALL 650-723-5163

**The Lane (Ambulatory) Surgery Center will confirm your procedure start time. They will call you the day before surgery (or the Friday before a Monday surgery) to confirm your arrival and surgery start times. If you do not hear from them by 6 PM, please call (650) 723-7125.**

**Procedure Location:**

300P Operating Room. Located at 300 Pasteur Drive, Stanford Hospital, Pavilion E25, Surgical Admission Unit/Anesthesia Pre-Evaluation Clinic.

*Directions:* ● At the main entrance of the hospital

● Make a left inside as you enter the main entrance of the hospital

● Take the "E" elevator to the 2nd floor

● Make a left as you exit the elevator and go through the double doors

● Pavilion E25 - Surgical Admission Unit/Anesthesia Pre-Evaluation Clinic located as

you enter the double doors

**Eating and Drinking Instructions:**

**1. PLEASE FOLLOW YOUR SURGEON'S/PROCEDURALIST'S EATING AND DRINKING INSTRUCTIONS BEFORE SURGERY/PROCEDURE.**

2. If you have **NOT** received eating and drinking instructions from your surgeon, please follow these instructions.

* Do not eat any food or solids, candy or gum, **starting at midnight the evening before your procedure /surgery**.
* Do not drink any dairy/milk/soy products (protein shakes) **starting at midnight the evening before your procedure /surgery**.
* You may drink the following clear liquids: tea, black coffee (no cream), water, cranberry juice, apple juice, or sports drinks. Do not drink anything with pulp.
* You may continue to drink clear liquids (see above for examples) **up until 4 hours before your procedure/surgery time.**
* On the day of procedure/surgery, take your morning medications as instructed with sips of water.
* **Transportation:**
* Remember you must arrange for an adult to drive you home after surgery. A taxi or ride share driver is not acceptable unless you have a responsible adult to accompany you home. Due to COVID-19, our Valet parking is suspended.
* **Personal Items:**
* Remember to dress comfortably. Leave valuables at home. Please do not wear makeup, jewelry, metal piercing or contact lenses. Please bring your photo ID, insurance card, and you may be requested to provide a co-payment and/or deductible
* **Preoperative Medication Management (see medication list below)**
* 1 week before your procedure do not take herbal supplements and fish oils.
* 1 week before your procedure do not take NSAIDS (Nonsteroidal Anti-inflammatory Drugs) such as Advil, Aleve, Ibuprofen, Motrin, and/or Naprosyn. You may take Acetaminophen such as Tylenol.

If you are on anti-coagulation and/or anti-platelet medication such as: coumadin (Warfarin), Lovenox (enoxaparin), clopidogrel (Plavix), apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto), ticagrelor (Brilinta) or other similar blood thinners, please contact your surgeon for further instructions.

**Other information:**

If your procedure is scheduled at 300P, 500P, or Lane Surgery Center, please bring your CPAP mask (not machine) day of surgery. If you are being admitted or staying overnight, bring your mask and machine (with settings).

If you experience any new developments in your health such as cold/flu, possible symptoms or exposure to COVID-19, worsening of an existing health condition, recent hospitalizations, or any new concerning symptoms following your anesthesia preoperative visit, please call us (650) 498-5332.