

**PATIENT NAME** \_\_\_\_\_ **DOB** \_\_\_\_\_

## **Pre-Procedure Instructions**

What you do before your surgical procedure can have a tremendous impact on its eventual success. That's why we ask that you follow these instructions leading up to your arrival at the office/hospital. If you have any questions, please consult your primary care provider.

### **Step-by-step guidelines to follow before a surgical procedure:**

#### **As of now:**

Stop herbal medications and vitamins such as: **Vitamin E, Fish Oil and Magnesium.**

#### **5-7 Days before:**

**If you are taking any blood thinners (like Coumadin, Plavix, Pletal) etc., please contact your primary physician for instructions to stop them. Please note that NO procedures can be done while you are on these medications.**

#### **3 Days before:**

**Stop any Aspirin or Baby Aspirin.**

**Stop NSAID's such as Aleve, Motrin, and Advil.**

**ACCEPTABLE: acetaminophen, such as Tylenol.**

#### **8 Hours before:**

No solid foods.

#### **Up to 3 hours before your arrival:**

You may consume small amounts of clear liquids only. Clear liquids include water, apple juice, and cranberry juice. **NO CAFFEINE.**

#### **The morning of your procedure:**

If you take any prescription medications for your heart, lungs, blood pressure, seizures, or any stomach problems, take them with a sip of water.

If you use an inhaler or if you are on insulin or oral diabetic pills, bring those with you.

#### **What to wear, what to bring, how to travel:**

For outpatient surgery you MUST make arrangements for someone to drive you home since you may receive anesthesia or intravenous sedation. Even if you take a cab or transport service, you must have someone with you.

Please shower or bathe the night before or the morning of your procedure.

Bring a copy of your Advanced Directives if you have established them.

Wear comfortable clothing and flat shoes. Please DO NOT wear blue jeans or anything with buttons or zippers. Wear something with an elastic band if possible.

Please leave all valuables at home. ALL JEWELRY, INCLUDING BODY PIERCINGS MUST BE REMOVED.

**Please arrive on time. If you are going to be delayed, please notify us.**

**Phone: 817-987-1805 or 817-987-1806**

**You are prescribed sedatives to be taken before the procedures. These will cause sleepiness, forgetfulness, or may lead to forgetting the procedure. There may be prolonged effects of the sedation. Do observe strict fall precautions at home. Do not operate machinery for at least 24 hours after procedures.**

**PLEASE DOUBLE CHECK ALL PRESCRIPTION BOTTLES AND ONLY TAKE THE AMOUNT OF MEDICATION AS ORDERED BY DR. MEHTA. TAKE THE MEDICATION APPROX. 30 MINUTES BEFORE PROCEDURE, AFTER ARRIVING IN OFFICE STAFF WILL INSTRUCT YOU WHEN TO TAKE THE MEDICATION.**

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Signature of Patient

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Signature of Staff