

Instructions to Follow Prior to a Procedure:

Each patient scheduled for a procedure will be called prior to their procedure and be notified about the following information.

Presurgical Testing is required by most hospitals unless your primary care physician does it for you. Please contact Dr. Grewal's surgical scheduler if you have not had presurgical testing more than 10 days before surgery
Hospital Calls one day before surgery to inform time of your surgery

Medical Clearance: You must be medically cleared by your primary care physician prior to receiving anesthesia for your procedure. You must provide us with this documentation before your scheduled procedure. If we do not have medical clearance one week prior to surgery your surgery may be rescheduled. Please plan accordingly with PCP office. Last minute appointments are often time not available.

Transportation: Prior to your procedure, you will need someone to provide transportation home, as you are not able to drive for 24 hours post anesthesia. You MUST have a designated driver to take you home. Your ride must be present with you at the time of your procedure and must stay in the facility until you are discharged from the recovery area.

Food & Drink: If you are having anesthesia, we ask that you DO NOT eat or drink anything after midnight the night before your procedure. This includes chewing gum and/ or breath mints. You may brush your teeth and rinse with mouthwash and/ or water, just be sure to avoid swallowing of the mouthwash and/or water. You are allowed to take your blood pressure medication. Ask your PCP or during presurgical testing about your diabetes medication if it needs to be taken that morning.

Medications: Medications such as blood pressure and asthma medications should be taken with a small sip of water on the day of your procedure.

Diabetic patients: Please check your glucose level at home before you come in for your procedure. We will also perform a glucose finger stick to check your sugar levels prior to your procedure as well.

NSAIDS/ASA/Blood Thinners: Prior to scheduling your procedure, discuss with your physician whether you should discontinue these medications. If you are taking a "blood thinner" (Plavix, Coumadin, Lovenox, Aggrenox, etc.) make sure

your doctor is aware EVERY VISIT and all these medications need to be stopped few days before procedure but time varies for each medication. Please speak with your PCP and or Dr. Grewal to plan stopping of these medications.

Pregnancy Test: If you think you may be pregnant, trying to become pregnant, or is of child-bearing age, you MUST let the staff know. You will be asked to provide us with a urine sample prior to your procedure. A pregnancy test will be performed to ensure you are not pregnant.

Clothing: Please wear loose, comfortable clothing the day of your procedure. To maintain cleanliness of the injection site, please bath or shower the night before or the morning of your procedure.

3 days before surgery checklist

Speak with surgical scheduler to confirm surgery.

Speak with hospital to confirm they have all appropriate forms and information from primary care physician.

Pack a clothing pair and comfortable pajamas for hospital stay.

Pack your presurgical images (CD etc) to bring to surgery. If you cannot find it, call Dr. Grewal's office immediately. He needs images available for surgery. You may need to pick up a CD from radiology center prior to surgery.

Schedule a 2 week and 6 week appointment for follow up post surgery.

Buy paper tape and sterile gauze packages for home and they will be used for dressing changes upon return home after surgery.

Bring any forms that Dr. Grewal needs to fill for you or family that is needed to be able to stay off work and he will sign it at some point during your hospital stay and give it back to you. OR send those forms via fax or email to our office.