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*The staff of The Ambulatory Urosurgical Center wish to make your upcoming visit as comfortable as possible. You will be provided with the highest quality care in a warm, personal setting.*

*Please read the following information carefully. You will find it helpful in making your procedure a successful experience.*

## **BEFORE YOU COME**

- You will be contacted prior to your scheduled procedure to discuss any questions and to confirm your appointment. Please do not hesitate to ask any questions, and be sure to let the staff know of any special needs.
- Call your doctor if you develop a cold, fever or respiratory problem before your procedure.
- For women, if there is any possibility that you are pregnant, please notify your doctor.
- You are scheduled for IV sedation or spinal anesthesia, do not eat or drink anything after midnight for a morning procedure. For an afternoon procedure, you may drink clear liquids before 7:00 a.m., then nothing by mouth. This may also apply if you are having local anesthesia. Food in the stomach can cause serious complications and your procedure could be cancelled or postponed. Check with your doctor's office.
- If you are taking medications, for high blood

pressure or diabetes, you will be instructed on how to take these medications prior to the procedure.

- **Since you are having IV sedation or spinal anesthesia, you must arrange for someone to drive you home after the procedure.** That person is welcome to stay at the center, or we can contact that person when you are ready to be picked up.

## **DAY OF PROCEDURE**

- Bathe or shower the morning of your procedure to minimize the chance of infection.
- Wear loose, casual clothing and low-heeled shoes. Tight fitting pants are particularly uncomfortable after certain procedures.
- Arrive one half hour prior to procedure time. This will allow adequate time for all necessary admission procedures.
- Leave all valuables such as jewelry at home.
- Remove contact lenses.
- Bring your completed insurance forms or insurance card.
- Limit the number of people who accompany you. To maximize the comfort of all visitors, we suggest that adult patients be accompanied, if necessary, by only one person.
- Do not smoke immediately before or after receiving an anesthetic. Smoking may interfere with the anesthetic and frequently produces nausea during the recovery period.

## **RECOVERY PERIOD**

- If you received IV sedation or spinal anesthesia, you will be moved to our fully equipped recovery room and monitored by our anesthesia staff until you are ready to go home - usually in one or two hours.
- You will be encouraged to drink something before you leave the center.
- Discharge instructions will be reviewed with you and whoever will be with you at home.

## **AT HOME AFTER YOUR PROCEDURE**

- Your doctor will provide post-operative instructions regarding diet, rest and medications. In the event of any difficulty, call your doctor or his answering service.
- Do not drink alcoholic beverages for 24 hours after receiving anesthesia or pain medicine.
- **Plan to have someone at home with you for a day.**



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