



Welcome to St. Anthony Hospital's Ambulatory Surgery Unit.

You have been scheduled for a surgical procedure at on \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

### **PRE-OP TESTING:**

It is strongly recommended that you come to the hospital two days prior to your procedure for pre-op testing. Pre-testing for your surgery is done in the Ambulatory Surgery Unit (ASU) on the fifth (5<sup>th</sup>) floor of the hospital. We are open Monday through Friday from 8:00 a.m. to 4:30 p.m. For questions or to schedule an appointment, please call 405-272-6608. We also welcome walk-ins!

### **DAY OF PROCEDURE:**

1. Do not eat or drink anything (not even water) for at least eight (8) hours prior to your surgery, unless otherwise directed by your physician.
2. Proceed directly to the ASU located on the fifth (5<sup>th</sup>) floor. You should **arrive two (2) hours prior** to the surgery time listed above.
3. Routine medication for chronic conditions, such as blood pressure, heart, asthma, anti-rejection, seizure or thyroid medications may be taken with a sip of water the morning of the procedure, unless otherwise directed by your physician. If you are taking inhalers, bring them with you to your surgery.
4. Please leave all valuables, such as jewelry or cash, at home.
5. Wear comfortable, loose fitting clothes. Bring your eye glass or contact lens cases.
6. Please remember to bring your insurance card with you and a list of any medications you are taking and any allergies that you have.
7. Please do not wear make-up or nail polish the day of your procedure.
8. It is important that you arrange for a responsible adult to accompany you to/from St. Anthony Hospital.
9. Notify your physician or the ASU if any symptoms of cold, fever or any type of infection develop prior to your procedure.
10. Family members may accompany you through admission and surgery preparations. Once you are in surgery, they may wait in the designated waiting areas.
11. If you are having anesthesia, an anesthesiologist will meet with you to discuss what to expect regarding your anesthesia.
12. Recovery time varies depending on the surgical procedure. If you had anesthesia, you'll be taken to the Post Anesthesia Care Unit (Recovery Room) where you will be closely monitored. If your surgery did not require anesthesia, you will be returned to the ASU where your discharge will occur shortly thereafter.

### **OTHER INSTRUCTIONS:**

1. Follow your physician's instructions on when to stop blood thinners such as Coumadin (warfarin), Plavix, Aspirin, and Pletal. You will probably need to stop blood thinners several days prior to surgery.
2. Herbal supplements, weight control medications and non-steroidal anti-inflammatory drugs should be stopped prior to surgery unless you are directed otherwise by your physician.

3. **If you use a C-PAP machine for sleep apnea, please bring it with you to the hospital to be used in recovery.**
4. If you or your family live outside Oklahoma City, you may wish to stay in the city overnight. St. Anthony has a few guest rooms located in the hospital, and reservations can be made by calling (405) 231-8866 from 7 a.m. to 6:30 p.m., Monday through Friday.
5. Free covered parking is available in two parking garages on St. Anthony's campus; one west of the hospital located on Lee Street and one south of the hospital located on 9<sup>th</sup> Street.
6. For the health and safety of our patients, visitors and employees, the use of tobacco products is prohibited on St. Anthony's campus.

If you have any questions or require any clarification pertaining to these instructions, please contact the ASU directly at 405-272-6486. You may also find valuable information regarding the type of procedure you will undergo on St. Anthony's online health resource guide at [www.saintsok.com/internet/home/saintsok.nsf/adam+hi](http://www.saintsok.com/internet/home/saintsok.nsf/adam+hi). In the event you need to send documents directly to our facility, please fax them to 405-231-3025.

*We know you have a choice when it comes to choosing a hospital, and we thank you for selecting St. Anthony for you healthcare needs. We look forward to meeting you and your family.*

*Sincerely,*

*The ASU Staff*