

Patient Name	MR#
Appointment Date	Appointment Time
With <input type="checkbox"/> Dr. Vidaurri <input type="checkbox"/> Dr. Lakshmanan	
Location 3975 Old Redwood Highway, Medical Office Building 5, Outpatient Surgery Department, 2nd floor	

Please register in Admitting by _____.

Please notify the registration desk if this is an industrial injury.

For cancellations, or rescheduling, call (707) 566-5557. If you need to cancel, please try to do this several days prior to your appointment.

Pre-op Patient Instructions

- Do not eat or drink 5-6 hours before the procedure. If scheduled later than 2 p.m., patient can eat breakfast. Sips of clear liquids are allowed until 2 hours before procedure.
- Medication Instructions:
 - Stop taking Aspirin 7 days prior to the procedure.
 - Stop taking anti-inflammatory medications 3 days prior to the procedure (Motrin, Ibuprofen, Naproxen, Aleve, Salsalate, Feldene, Lodine, Diclofenac, Voltaren, Relafen, Meclomen, etc.)
 - It is not necessary to stop taking Tylenol (Acetaminophen), Tylenol with codeine, Percocet, or Vicodin.
 - Do not stop blood pressure and heart medications. Continue to take as usual.
 - Notify your doctor if you are taking Glucophage, anticoagulants (Coumadin, Heparin, or Plavix), or if you have a history of bleeding disorder as you will need specific preparation for this procedure.
 - No Glucophage the morning of the procedure and 24 hours after the procedure.
 - If you are on antibiotics, or get prescribed antibiotics prior to procedure date inform us **immediately** at (707) 566-5557.
 - **IMPORTANT: Please bring a list of all your current medications/supplements.**
- In the pre-operative area, you will have an IV started for conscious sedation. Having an IV enables the nurse to give you medication to help reduce your anxiety, discomfort and for enhanced patient cooperation required for proper performance of the procedure.
- You will be taken to the procedure room. You will be given a numbing medication at the injection site. A needle will be inserted into the affected area and the medication will be injected through the same needle.
- For most procedures, you will be lying on your stomach or back. Your breathing, heart rate, blood pressure and oxygen saturation will be monitored closely.
- When your procedure is over, you will be transferred to the recovery area. We will continue to monitor your vital signs for approximately 30 minutes.
- **IMPORTANT: You cannot drive yourself home.** It is extremely important that a responsible adult accompany you home after the procedure. You may not drive 24 hours after the procedure. If you do not have a responsible adult to accompany you home, we will have to cancel and reschedule your appointment for a later date.
- The person accompanying you to the outpatient surgery department must sign you into the center and must sign you out. You cannot be released unless someone signs you out of the outpatient surgery department. There will be no exception to this rule.
- If you are a breast-feeding mother, you will need to pump and discard your breast milk for the next 24 hours after your procedure. The I.V. medications given to you during the procedure may be excreted through your breast milk. You may want to plan ahead by pumping and storing extra breast milk for your baby prior to having your procedure done.
- Please plan on two and a half (2 1/2) hours total; for admitting, procedure, and recovery.