



Outpatient Pre Operative Instructions

Outpatient surgeries are performed at the main Methodist Hospital **or** Methodist Medical Center Ambulatory Surgery Center (MASC) at 4411 Medical Dr. (the corner of Medical Drive and Ewing Halsell.) If you are going to the ambulatory surgery center the admitting area is on the 2nd floor Suite 200. If you are going to the main Methodist hospital the admitting area is on the first floor and you will be taken to the same day surgery unit.

We ask that you arrive to the registration area, 1 hours prior to your scheduled surgery time. This will allow adequate time for preparations and if you fill out the health information questionnaire online prior to the day of surgery it will facilitate the admission process. The questionnaire is available at www.mmc.sahealth.com.

It is important NOT TO EAT ANYTHING AFTER MIDNIGHT.

You may drink clear liquids like Gatorade, apple juice or water up until 2hours before your scheduled surgery.

Your physician may ask you to take some of your routine medications such as blood pressure medications, prior to surgery. You may take these with a small sip of water. Please clarify with your doctor regarding any medications you are taking. You will resume your usual medications the evening of your surgery. Please bring a list of your medications including dosages with you the day of surgery.

Due to increasing the risk of bleeding we ask that you **stop** aspirin and non-steroidal anti-inflammatory medications such as Motrin, Advil, Naprosyn, and Aleve one week prior to surgery. You may use acetaminophen (Tylenol) for pain.

Ginko, Garlic, Gensing, Fish Oil may increase risk of bleeding and should be stopped 1 week before surgery.

After anesthesia you will not be able to drive and someone must be available to drive you home. Please bring any forms for work to Seven Oaks Women's Center office to be filled out prior to surgery. If you should have concerns prior to your surgery please contact the office at 210-692-9500.