

Rikin J. Patel, DO

Mercer Bucks Orthopedics
3120 Princeton Pike
Lawrenceville, NJ 08648
Assistant: Eleni
609-896-0444 ext. 1401

Pre-Procedure Instructions

PATIENT NAME: _____

PROCEDURE: _____

PROCEDURE DATE: _____ ARRIVAL TIME: _____

FOLLOW UP APPOINTMENT DATE _____ TIME _____

PLEASE READ THE FOLLOWING INSTRUCTIONS

BEFORE PROCEDURE:

Location and General Information

Your procedure is being performed here, in the **Ambulatory Surgical Center at 3120 Princeton Pike, Lawrenceville, NJ 08648**. Enter through the main entrance; second floor proceed straight ahead thru the left door and into the waiting room for the Surgical Center. For your safety, we take the precautions described below. **Failure to follow these instructions may result in cancellation of your procedure.** If you have any questions, please call our office.

Timing

On the Procedure day, allow 30-45 minutes for your procedure. Although your actual procedure will take much less time, you must plan time for us to explain details about the procedure, complete paperwork, and get you ready. In addition, you will be observed for 15-20 minutes after the procedure. Because of these factors, you may notice your arrival time listed above is earlier than the scheduled time for your procedure. **In order for us to use anesthetic (numbing medication) and/or sedation you are required to have a driver who will remain with you at all times.**

Diet

During most procedures, you will be lying on your stomach. For that reason, **please keep your meals light prior to coming in for the procedure. If you elect to have conscious sedation, you must have nothing to eat or drink for 12 hours prior to your procedure. Doing so will result in cancellation of your procedure.**

Medication Information

Some medications must be stopped for a few days before your procedure. **It is very important that you notify the physician who ordered these medications before you stop and restart them.**

- **Please bring a list of all prescription and over-the-counter medicines you are currently taking.**
- **High blood pressure patients:** Take your medication at your usual time
- **Heart medications:** Before stopping any medications such as Plavix contact your family physician or cardiologist.

****If you are taking Plavix or aspirin because of stent placement in the last year – DO NOT STOP your medication. You must contact your physician of care for instructions**.**

- **Blood thinners:** Do not take aspirin **or anti-inflammatory medications** such as Advil, Ibuprofen, Aleve, Voltaren, Naprosyn and Excedrin for four (4) days before your procedure.
- If you are on Coumadin, your physician will advise you of when to stop taking your Coumadin and **you will need a laboratory test** completed pre-procedure (INR test).
- **Please stop** all herbal supplements and Vitamin E products four (4) days before your procedure (garlic, fish oil, glucosamine, green tea, and St. John's Wort)
- Please contact the Center if you are receiving **antibiotic** treatment for any condition.

You may take Celebrex and Tylenol. Please continue taking **any other prescribed drugs (ie. Meds for anxiety, cholesterol, allergies, pain, etc.)** up to and including the day of the procedure. If you are electing for sedation, and have not eaten, consider holding your diabetes medication.

GENERAL INSTRUCTIONS FOR YOUR PROCEDURE:

- Prior to the date of your procedure, you will receive a **confirmation call and time for the procedure.**
- The morning of your procedure dress comfortably and leave all valuables at home.
- Refrain from wearing earrings or necklaces.
- The physicians and staff encourage you to actively participate in your care. You are reminded to disclose relevant medical and health information to the physicians and staff to facilitate appropriate care delivery. Please report unexpected changes in your condition or health status to the physicians and staff. Finally, please question any variation in medications, treatment or plan of care that differs from what you or your family may have expected.

If you have any questions, please feel free to call our staff at any time.