



Safe harbor for your health.

[riverhospital.org](http://riverhospital.org)

4 Fuller Street • Alexandria Bay • New York • 13607

315-482-2511 Phone

315-482-4981 Fax

## Pre-Operative Instructions

Dear \_\_\_\_\_, thank you for choosing River Hospital for your care. In preparation for your upcoming procedure on \_\_\_\_\_, with \_\_\_\_\_, please follow these instructions:

1. Your Pre-Admission phone interview with a River Hospital nurse is scheduled on \_\_\_\_\_. This phone call is necessary to review your health history, current medications, and will take approximately a half hour. **Surgery will not be done without this interview.** If you do not have a phone interview scheduled we will call you prior to your surgery to schedule one.
2. If you develop a cold, fever, stomach ache, diarrhea or other illness prior to your surgery, tell your Doctor as soon as possible. For your safety, your surgery may need to be rescheduled.
3. You must arrange for a responsible adult to accompany you to the River hospital and drive you home. We recommend that an adult remains with you for 24 hours following your procedure. **We will not begin your procedure if these arrangements have not been made.**
4. Wear comfortable clothing and shoes. If you are having eye surgery, please wear a loose neck, or button down shirt.
5. **DO NOT** drink alcohol or use tobacco products 24 hours prior to your procedure.
6. **DO NOT** eat or drink anything after midnight prior to your surgery; unless otherwise instructed (ie. Colonoscopy prep). This includes chewing gum and hard candy.
7. **DO NOT** wear jewelry, including wedding rings, or any body piercings. Please leave your valuables, including cellphone at home.
8. **DO NOT** wear make-up, hair products or finger nail polish the day of surgery.
9. **DO NOT** wear contact lenses the day of surgery. Please bring your glasses/sunglasses with you.
10. Dentures and/or hearing aids may be worn for IV sedation. These items will need to be removed for general anesthesia.
11. **CONTACT YOUR PRIMARY CARE PROVIDER OR SURGEON FOR INSTRUCTIONS ON IF AND WHEN YOU MAY STOP ANY BLOOD THINNING MEDICATIONS IF YOU TAKE THEM.** These include (not limited to): Aspirin, Plavix, Coumadin, Xarelto, Eliquis, Advil, Naproxen, Aleve, Ibuprofen, Meloxicam, Celebrex).
12. **DO NOT** take any insulin or diabetic medications on the morning of your procedure.
13. Please use any inhaler you are prescribed the morning of your procedure. Please bring these inhalers with you to the hospital.

The ASU receptionist will contact you to notify you of your arrival time, one to two days prior to your procedure date. **If you have not been contacted by 3:00pm the day prior to your procedure, please call (315) 482-1250 to obtain your arrival time.**

**River Hospital is delighted to be your choice for healthcare. We look forward to your visit and plan to make your surgical experience a pleasant one.**