

Pre-Admission Testing Clinic

**Opens
March
17th!**



BarrowNeuro.org/PATC

Patients need to bring:

- insurance card
- government ID
- old medical records, if needed
- list of current medications
- information given to you from the scheduling physician's office

What to expect:

You will be interviewed by a nurse, who will review things like:

1. medical history
2. medications
3. previous surgeries
4. old records, if available
5. vital signs and weight

Questions?

Call the Pre-Admission Testing Clinic directly at **(602) 406-6961**



Hospital Registration

Registration can be completed at the hospital the morning of surgery or in advance by calling our pre-registration line at **(800) 730-5567**.

Diet

In the weeks before your surgery, begin eating a balanced diet if you are not already doing so.

- Include protein and dairy in each meal.
- Eat three to four meals per day

Decrease your intake of alcohol, caffeine, and cigarettes weeks or months prior to your surgery if possible. It is not recommended that you abruptly stop smoking days before surgery. Doing so can have an adverse effect on your breathing passages.

Medications

Notify your surgeon if you are currently taking the following medications:

- hypoglycemics (insulin or oral agents) Anaprox, Dolobid, Feldene, Motrin, ibuprofen, Naprosyn, Toradol, Vioxx, Aleve, Advil, etc.
- anti-coagulants/anti-platelets such as Aspirin, Excedrin, Coumadin, Plavix, Heparin, Lovenox, etc.
- anticonvulsants (Depakote)
- anti-inflammatory drugs including natural supplements such as Vitamin E
- herbal medications such as ginkgo and St. John's wort

Your surgeon may ask you to discontinue some medications before surgery because many of these substances contain ingredients that interfere with normal body functions and can increase the risks of complications during surgery.

Planning

Plan your discharge ahead of time:

- Identify a companion to help you for a few days after you arrive home.
- Arrange transportation to and from the hospital. Discharge usually takes place by 11 a.m.
- Stock your refrigerator.
- Prepare meals in advance.
- Contact your insurance company to determine your benefits regarding outpatient therapy or medical devices, such as walkers and shower chairs, that you may need once you are home.

Preparation

Remove nail polish, jewelry, and body-piercing jewelry. Your surgeon may request that you take a shower with chlorhexidine the night before and morning of surgery, from the neck down, giving special attention to the area of surgery. If you are scheduled for head or neck surgery, you may also be asked to shampoo your hair with your shampoo of choice when you shower as instructed above. Do not use hair spray, other styling products, lotions, or perfumes. Underarm deodorant may be used unless you are undergoing a thoroscopic procedure for hyperhidrosis. Traditionally, patients are advised not to eat or drink at least eight hours prior to their surgical procedure. Please consult your surgeon for the restrictions that apply to your specific case. Specific guidelines are given to children based on their age, body weight, and time of surgery. Always remember to consult your surgeon for specific instructions.