



Ear, Nose & Throat *SpecialtyCare*

of Minnesota, P.A.

Administrative Office: 2211 Park Avenue South • Minneapolis, Minnesota 55404 • Tel. (612) 871-1144 • Fax (612) 871-2012
www.entsc.com

We have made arrangements for Dr. _____ to perform your surgery at _____ Hospital on _____. Your surgery is scheduled for _____ a.m. / p.m. Please go to the hospital Admitting Office at _____ a.m. / p.m.

The surgery being performed is: _____

CHILDREN AND ADULTS

BEFORE SURGERY:

A pre-operative physical is required within _____ days before surgery. Please see your primary care doctor prior to your surgery for completion of the enclosed examination form. You must bring the pre-operative physical form with you to the hospital on the day of the surgery; do not mail it. **Please call your primary care doctor for this appointment.**

Let your primary care doctor know if you develop a cold or other infection the week of, or before, your surgery.

Aspirin, or medications containing aspirin (ecotrin, Excedrin), should be stopped two weeks before surgery.

Nonsteroidal anti-inflammatory medications must be stopped one week before surgery. This class of medications includes ibuprofen, indomethacin, naproxen, ketoprofen, ketorolac, Advil, Aleve, Anaprox, Ansaïd, Cataflam, Celebrex, Clinoril, Daypro, Dolobid, Feldene, Haltran, Indocin, Lodine, Meclomen, Medipren, Midol, Motrin, Nalfon, Naprosyn, Nuprin, Orudis, Rufen, Ponstel, Tolectin, Toradol, Trendar, Vioxx and Voltaren.

If your primary care or another doctor prescribed medication containing aspirin or blood thinners (coumadin, lovenox, heparin, persantine, plavix), please alert our office before your surgery. These will need to be discontinued prior to surgery under the direction of your primary care doctor. Ask your surgeon when these medications can be resumed after surgery.

Discontinue black cohosh, ginkgo biloba two weeks before surgery. Discontinue Vitamin E one week before surgery. Discontinue supplements containing ephedra or ephedrine 48 hours before surgery.

No alcoholic beverages are permitted within 48 hours before surgery.

Prescribed medications (blood pressure, heart, lung, seizure, etc.) may be taken the morning of surgery with a small sip of water. If you have questions concerning medications, call your **primary care doctor**. Do not take any other medications without the knowledge of your doctor.

Tylenol, or acetaminophen, does not affect your blood-clotting and may be taken before or after surgery.

Please arrange for someone else to drive you to and from the hospital. Do not plan to drive yourself.

Please contact us immediately if you need to cancel or reschedule.

Upon arriving home after surgery, if the patient has not scheduled post op appointments, call the clinic immediately.

FOOD AND DRINK GUIDELINES BEFORE SURGERY

<u>Ingested Material</u>	<u>Minimum Fasting Period (hours)</u>
Any Solid Food	8
Clear Liquids	3
Breast Milk	4
Infant Formula /Milk/Liquid Feeding Preparations	6

Clear liquids include only water, popsicles, apple juice, soft drinks, Kool-Aid and Jell-O. Clear liquids **do not** include hard candy, gum or juice with pulp such as orange juice.

If the patient is on chronic medications or if the patient's doctor recommends continuation of specific medication before surgery, you may administer it as scheduled with a sip of clear liquids, if necessary. **Do not** give medications with pudding, applesauce or other solid foods.

If the patient has any further questions regarding prescribed medications, please call the hospital or surgery center Anesthesia Department so that they can tell you when the last dosage should be given before surgery.

The patient's teeth may be brushed and rinsed with water only.

If the patient has not followed the above guidelines and has had food or water before surgery, please call the Anesthesia Department at the hospital or surgery center where the procedure is being performed.

If these guidelines for adults and children are not followed, the surgery may be cancelled.

Any further medical questions, please feel free to contact the nurse at the office where you were seen.

Upon arriving home after surgery, if the patient has not scheduled post op appointments, call the clinic immediately.

Thank you.

www.entsc.com

(OVER)

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Fax 651-297-6597

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303 East Nicollet Blvd.
Burnsville, MN 55337
952-435-3050
Fax 952-435-3931

201 Mercy Health Care Center
3960 Coon Rapids Blvd. NW
Coon Rapids, MN 55433
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Fax 763-421-8533

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6545 France Avenue South
Edina, MN 55435
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