

Northwest Vascular Specialists LLC

1 Hayden Bridge Springfield, OR 97477
Phone: 5418689880 Fax: 5418689920

****NWSS Pre op Vascular Information**

MEDICATION INFORMATION BEFORE YOUR SURGERY:

- **Aspirin**: If you are currently taking aspirin, continue taking aspirin through the day of surgery unless otherwise instructed.
- **Plavix (clopidogrel), Effient (prasugrel), Eliquis (apixaban), Xarelto (Rivaroxaban), Pradaxa (dabigatran), Pletal (cilostazol), Aggrenox (dipyridamole/aspirin)**: If you take one of these medicines ask your surgeon if and when you should stop before your surgery. In some cases you will continue taking your medication through the day of surgery.
- **Coumadin (Warfarin)**: Stop 5 days before your surgery. Your surgeon may arrange for you to receive bridging therapy until your surgery.
- **Motrin, Advil (ibuprofen)**: Stop at least 3 days before your surgery. You can take Tylenol (acetaminophen) through the day of surgery.
- **Herbal Medications and Vitamins**: Stop at least 7 days before your surgery.
- **Diabetes**: Stop taking all pills for diabetes including Glucophage (metformin) 24 hours before your surgery. If you use insulin, your surgeon or anesthesiologist will tell you how much you should take the night before or morning of surgery.
- **Tobacco**: Chewing tobacco must be stopped at least 8 hours before your surgery. Please try to quit or decrease smoking and/or vaping 2 weeks before your surgery.
- **Blood Pressure Medications**: Your surgeon or anesthesiologist will tell you which medications to take the morning of surgery.

GENERAL INFORMATION BEFORE YOUR SURGERY

- Make special arrangements for someone to drive you home.
- Please anticipate and make plans for any assistance that you feel you might require after your surgery, especially during the first 24 hours you are home.
- Please have adequate amounts of food and fluids at your home.
- If you are scheduled for a hernia repair, please have an ice bag available for the first 24-48 hours.
- You will likely require some pain medicine after your surgery. Since these medications are constipating, you will need to have a stool softener available for use while you are taking the pain medication. Stool softener, such as Docusate sodium should be taken once or twice a day while you are taking the pain medication.
- If the physician has prescribed a bowel preparation, you will need to follow those instructions carefully.
- Our office staff will take care of any referral and preauthorization approvals that are needed.
- If you develop cold, flu, or viral symptoms within 4 days of your surgery, you will need to notify the physician's office.
- If you are scheduled for laparoscopic surgery, please do the following: shower the night before your surgery and thoroughly cleanse your belly button area with hydrogen peroxide or an over-the-counter antimicrobial soap.

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FOOD/DRINK INFORMATION FOR THE DAY OF SURGERY:

Unless you have been told otherwise the following restrictions apply:

AGE	FOOD/HONEY/MILK PRODUCTS	CLEAR LIQUIDS
Adults	Nothing after midnight	Stop 4 hours before

No Food starting at midnight the night before surgery. Solid food must be avoided the day of surgery-regardless of the surgery time.

Stop clear liquids 4 hours prior to surgery.

Clear liquids are limited to: water, apple juice, cranberry juices, black coffee (no cream), tea, and soda (7-up, pepsi, Gatorade, etc)

****IF you are diabetic you should not drink any juices or high calorie sodas on the day of your surgery!! (Please follow all of the other directions.)**

Do not include Jell-O, chicken/beef broth, orange juice, honey or dairy products in this clear liquid restriction.

GENERAL INFORMATION FOR THE DAY OF SURGERY

- If you have been told you can take your medications, please take them with 30cc or 2 Tablespoons of water up to 30 minutes prior to your surgery.
- You may brush your teeth and rinse your mouth, but do not swallow any water.
- Bring a list of your current medications with you.
- Bring any eye drops or inhalers you may need.
- Wear clothes that are loose-fitting. Make-up and hairspray are not to be worn on the day of surgery.
- Please leave jewelry and valuables at home.
- If applicable, please bring a case for your denture, glasses, contact lenses, and/or hearing aids.
- Miscellaneous _____

These general instructions are intended to assist you in preparing for your surgery. Please follow any specific instructions that you have been told by your physician or the hospital/surgery center. If you have any other questions please call the office during our regular business hours.