



Gregory A. Moore, MD | Gregory M. Phillips, MD  
Stephen Peirce, MD | Rishi Vora, DO  
Jed Robinson, MD | Majaliwa Mzombwe, MD

## SURGICAL PROCEDURE INSTRUCTIONS

You must contact your prescribing physician to inform them that our office is planning a surgical procedure, which needs the medications below to be discontinued surrounding the procedure time. The PRESCRIPTION BLOOD THINNERS can only be stopped by the prescribing physician. If these medications cannot be safely stopped, we may need to cancel your procedure.

**Prescription Blood Thinners:** Follow your prescribing doctor's instructions.

- **PLAVIX:** Needs to be stopped for 7 days prior to your procedure and may resume 12hrs after your procedure.
- **COUMADIN AND WARFARIN:** Needs to be stopped for 5 days prior to your procedure and may resume 12 hours after your procedure.
- **PRADAXA:** Needs to be stopped 4 days prior to your procedure, may resume 12hrs after your procedure.
- **ELIQUIS AND XARELTO:** Needs to be stopped 3 prior to your procedure and may resume 12hrs after your procedure.
- **ASPIRIN, TUMERIC, or OMEGA 3/FISH OIL:** Needs to be stopped for 7 days prior to your procedure and may resume 12hrs after your procedure.

### **Anti-Inflammatories/NSAIDS and Insulin**

If you are taking any **anti-inflammatories** (Ibuprofen, Advil, Aleve, Naproxen, Celebrex, Mobic, Meloxicam, or any topical creams or gels) these need to be stopped for 5 days prior to your procedure, and you may resume 24hrs after your procedure.

- **INSULIN:** Take half of your normal dose the day of the procedure.
- **GLP-1:** If you take the diabetic medications Ozempic, Wegovy, Trulicity, Byeta, or Victoza hold the injection for 7 days prior to your surgery and hold the orals for 3 days prior to your surgery.

\*\*\*\* TAKE YOUR REGULAR MEDICATIONS AS PRESCRIBED ON THE DAY OF THE PROCEDURE WITH 8oz. OF WATER, 2 HOURS PRIOR TO YOUR CHECK IN TIME, **INCLUDING YOUR REGUALR PAIN MEDICATIONS AND BLOOD PRESSURE MEDICATION** \*\*\*\*

**Tobacco, Marijuana, and Drug use:** If possible, decrease or avoid tobacco products of any type (chew, smoke, smokeless, vape) and marijuana the week before your procedure. DO NOT use tobacco products, marijuana, alcohol or any illicit drugs (Meth, Cocaine) the day of your procedure.

Pacific Northwest Surgery Center  
2445 Beverly St. Springfield, OR 97477  
541-916-3099



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### INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE

***\*\*\* You must have a responsible adult to drive you home after your procedure. You will not be allowed to leave alone or unaccompanied in a taxi/uber etc. RideSource is allowed.***

Please bring the following to the surgery center the day of your procedure:

- A copy of your insurance card
- Driver's license
- Wear comfortable loose clothing.
- If you have been prescribed post op pain medication, please bring it with you.
- If you have been prescribed a brace for post op, please bring it with you to your surgery.
- Bring a case for your glasses, dentures, hearing aids, etc.

Do Not eat solid food or drink milk eight (8) hrs. prior to your surgery. You are allowed clear liquids up to 4hrs prior to your check in time.

CLEAR LIQUIDS- Apple/cranberry juice, popsicles, water, tea/coffee NO CREAM

\*Please let the surgery center know ASAP if you have any of the following:

- You are pregnant or may be pregnant
- Have a history of bleeding disorders
- Recent infection
- Recent ED visit/Hospitalization
- Are taking antibiotics for an active infection
- Have an allergy to lidocaine/Marcaine, steroids, contrast dye

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