

We want your surgery day to go smoothly and safely.

Here's what you need to know and do before your procedure:

- **The Fredericksburg Ambulatory Surgery Center staff will contact you the business day before your surgery to provide your day of surgery arrival time.**
- Per Anesthesia guidelines, do not eat solid foods or drink non-clear liquids after midnight. You may have clear liquids up to 2 hours prior to your arrival time. Anesthesia approved clear liquids are water, apple juice, white grape juice, tea and black coffee with no milk/non-dairy creamer or sugar. **Nothing in your mouth within 2 hours of arrival includes gum, candy, mints and water.**
- Follow your surgeon's instructions for medication use the day of surgery. It is important to stay on your scheduled heart, blood pressure and acid reflux medications, as well as any neurological and thyroid medications.
- You can take your prescribed pain medication with the exception of ibuprofen products. Medications such as ibuprofen and naproxen can be blood thinning and are often stopped one week prior to surgery.
- Follow instructions from your surgeon as to when to stop and restart your blood thinning prescription and aspirin. If the surgeon requests that these medications be stopped, the prescribing physician should be made aware.
- Use your scheduled inhaler at home on the morning of surgery and bring your rescue inhaler with you on the day of surgery.
- **Do not** take any vitamins on the day of surgery. Some supplements, such as fish oil, can be blood thinning and are often stopped one week prior to surgery.
- **Do not** take any oral diabetic medications on the day of surgery
- **Do not** take any short acting insulin the day of surgery
- Take long-acting insulin scheduled the night before surgery

GLP-1 Patients

If you are currently taking any of the following or have been prescribed any of these medications, please let us know during this registration process.

- Exenatide (Byetta, Bydureon)
- Liraglutide (Victoza, Saxenda)
- Dulaglutide (Trulicity)
- Semaglutide (Ozempic, Rybelsus, Wegovy)
- Tirzepatide (Mounjaro, Zepbound)

These medications require a clear liquid diet 24 hours prior to your surgery time, as specified below.

Example: If your surgery is scheduled at 10 am, you must be on a clear liquid diet beginning at 10 am the day prior to surgery.

- Pulp free fruit juices (apple juice, white grape juice, white cranberry), Soft drinks/Sports drinks (ginger ale, Sprite, 7-Up, Gatorade), low sodium/fat free Chicken or Beef bouillon, **No STOCKS or Bone Broths**
- Jell-O (lemon, lime or orange, **NO fruit, NO toppings**)
- Popsicles (**NO sherbets, NO fruit bars**)
- Water, coffee, or tea (no milk or non-dairy creamer)
- Do not drink or eat anything with red or purple coloring. Red/purple food coloring can leave a residue in the bowel that resembles blood. Keep this in mind when purchasing Jell-O, Popsicles, drinks, etc.
- **No solid foods are allowed, including milk/milk products.**
- **After midnight you should comply with just the CLEAR LIQUID DIET as any scheduled patient.** Anesthesia approved clear liquids are water, apple juice, white grape juice, tea and black coffee with no milk or non-dairy creamer.

Non-compliance with these guidelines will lead to your surgery being cancelled.

- **No vaping or smoking anything (to include tobacco, THC or cannabis) within 24 hours of surgery**
- The morning of surgery, you need to take a shower and brush your teeth. For your safety, please do not wear make-up, lotion, or ointment on your skin. You may wear deodorant, unless you are scheduled for breast surgery.
- Do not shave the operative area. We will use electric clippers on the day of surgery.
- All jewelry needs to be removed prior to surgery. This includes all piercings, rings, bracelets, necklaces and watches. This is for the safety of the patient.
- **Leave all valuables at home**
- Remove nail polish, if instructed by your surgeon
- False eyelashes, wigs, head covers and hair pins are not permitted in the OR
- If you wear eyeglasses, please bring a case. No contacts are allowed in the operating room.
- Wear loose comfortable clothing. Your clothing should be able to stretch over bandages, arm slings, casts, splints, etc.
- You will be asked to remove your underwear.
- You may be asked to provide a urine sample for a pregnancy test if you are a female and within reproductive age.
- If applicable, bring your Advanced Directive/Living Will/Medical Power of Attorney or Custody Papers.

- Bring any medical equipment with you to the surgery center as directed. This includes crutches, braces, and remotes for stimulators.
- Due to anesthesia, you must have a responsible adult accompany you home from the facility. Someone should be with you for the first 24 hours following surgery.
- If any type of sedation is provided, you will not be able to drive yourself.
- One person is allowed to accompany you in the building, but they must be over the age of 18 years old and children will not be allowed to stay in the building.
- Generally, we would like your person to remain in the building. This allows us to review aftercare instructions at the bedside with you and your ride. If your ride chooses to leave the facility, they should remain within 15 minutes of the center, and we will do instructions over the phone.
- If you are unable to arrange a ride home from the facility, medical transport must be arranged prior to the surgery date. Ubers and Lyft type arrangements can only be made if you have a person with you over the age of 18, to ride with you home. If you do not authorize us to speak with the person with you, we must be notified, and other arrangements can be made.

Pediatrics:

- To plan for discharge from our facility, it is recommended that a second adult be in the rear seat with the child if seated in a car seat.
- No solid foods or non-clear liquids after midnight.
- Clear liquids (water or apple juice) are allowed up to 2 hours before arrival at the surgery center. Infants may have formula up to 6 hours before arrival and breast milk up to 4 hours before arrival. The patient may have 2 adults (over the age of 18) with them in the building. At least one must be the legal guardian. **The legal guardian must always remain in the building.**
- **Siblings/ other minors will not be permitted in the building.**
- The patient can bring their favorite toys, iPad device, blanket, etc. It is a good idea to have a formula bottle ready for recovery.
- Children having ear tubes placed may stay in a set of freshly laundered pajamas for the procedure if they are 2 pieces, do not have attached feet, and are short sleeved.