

PRE-OPERATIVE PREPARATION

Once you have agreed with your doctor to have a surgery or procedure at the Surgical Institute of Michigan, it is time to start the preparation. Depending on your procedure, you might be instructed to have a physical exam, which may include an EKG, chest X-ray and/or blood work. It is important to take care of this as soon as possible in order to avoid delaying your procedure. When completed, you can ask your doctor to fax the results to us at 734-729-7969.

To cancel or reschedule your procedure, please contact your doctor's office at least 24 hours in advance. If, in exceptional circumstances, you need to cancel on the day of the procedure, please call us as soon as possible at 734-729-7960. Office hours: 7 a.m. – 4 p.m.

A member of the nursing staff from the Surgical Institute of Michigan will contact you prior to your day of surgery to complete a health assessment. If necessary, you will have a consult with your primary care provider (PCP) or cardiologist; this is especially important if you have respiratory disease, cardiac disease with stents, or a pace maker. Your pacemaker must be checked within 6 months of your procedure and the result faxed to us at 731-729-7969.

MEDICATIONS

The nurse will advise you regarding taking your normal medications. In most instances you can continue to take these. You should consult with your PCP or cardiologist if you take aspirin (other than baby aspirin) or a blood thinner. If you take diabetic oral medication or insulin, please follow the instructions given to you by the nurse who calls to take your medical history.

FOOD AND DRINK

The nurse will advise you when to stop eating and drinking; this is usually at midnight prior to your procedure. It is extremely important to follow these instructions to avoid cancellation of your procedure.

24 hours prior to your procedure, you should not:

- drink alcohol
- smoke
- use tobacco products

COLONOSCOPIES

If you are having a colonoscopy, it is especially important that you follow the instructions given by the doctor's office. You must obtain the medicine prescribed by the doctor and only consume appropriate foods—such as clear broths and liquids—48 hours prior to your procedure. Your doctor's office should guide your pre-operative diet. As a general rule, you should not eat solid food for 24 hours prior to your procedure.

ARRIVAL TIME CONFIRMATION

A member of our staff will call you the day prior to your procedure to confirm your arrival time. The recommended arrival time is usually one hour before your procedure to allow for registration and procedure preparation.

IDENTIFICATION

The patient or parent/guardian of a minor must bring a photo ID and insurance card(s) on the day of procedure. If you are the patient's guardian (other than a parent), you will also need to bring proof of guardianship or power of attorney for healthcare papers.

CHILD CARE

Please be aware that we are unable to provide child care in our office. If at all possible, please arrange for care of your children on the day of surgery. If you are unable to find child care, another adult other than yourself must remain in the center to supervise your children.

OTHER NOTES:

We will contact you using the phone number you provide at the doctor's office. If you have additional numbers, please provide them.

If you develop a cold, sore throat, fever or infections, please notify your physician.

Please note: You must arrange for someone to drive you home—you will not be able to drive for 24 hours following your procedure. You must also arrange for someone to stay with you for 24 hours following your procedure for health and safety reasons.

If you have any further questions, please feel free to call us at 734-729-7960.