**Diet and Medication Instructions**

* Do not eat anything after midnight prior to your surgery. No gum, candy, mints or ice. No herbal supplements for two weeks prior to surgery unless your MD says otherwise.
* Bring a list of your medications with doses on the day of surgery.
* Bring all of your home meds if staying overnight. Tylenol is OK.
* If you take Lantus or Levemir for diabetes, take a half dose on the night before surgery.
* If on an insulin pump, decrease your basal rate in half on the morning of your surgery. Do not take any diabetic medications on the day of surgery.
* Avoid over-the-counter medications containing aspirin for two weeks before surgery.
* Follow your doctor’s instructions about whether or not to continue blood thinners such as Plavix, Coumadin, etc.
* Follow bowel-prep instructions as given by the office.
* Stop taking any diet pills for two weeks prior to surgery. Tell your nurse if you have been taking diet pills.
* Stop NSAIDS one week prior to surgery (Ibuprofen, Naproxen, Advil, Aleve, and Excedrin). If you use a rescue inhaler, bring it with you on the day of surgery.

**General Surgery Instructions**

* Do not wear jewelry, lotion, powder, or oil on the day of surgery. No makeup, fingernail polish, or acrylic nails.
* Remove all piercing and body jewelry prior to surgery.
* Wear loose, comfortable clothing.
* If you use a CPAP machine, please bring it if you are staying overnight.
* Remove contacts, glasses, dentures and hearing aids prior to surgery.
* Bring a copy of your living will and/or power of attorney. Advance directive forms are available at <http://tn.gov/health/article/advance-directives>.
* Bring a responsible adult to drive you home. (Surgery will be cancelled otherwise).
* Leave all valuables at home. If you are told to bring a co-pay, bring only that amount.
* If your doctor has ordered a colon prep, follow instructions given by the office.
* Bring your parking stub to be stamped/validated.
* Bring a photo ID and insurance card with you.
* You may brush your teeth on the day of surgery.
* If leaving with a cast/brace, please wear proper clothes (shorts, dresses, shirts).

**Instructions for Your Day of Surgery at Erlanger East**

* If you fail to follow these instructions, your surgery may be delayed or cancelled. You will be notified by the day before if there is a change to your surgery time.
* If you are unable to come to your surgery, please call 423-778-8800.
* Erlanger East surgery registration is at the main entrance off of Crane Road. Turn onto Crane Road from Gunbarrel Road across from the Spine Center and Target.
* You will need to provide a urine specimen on the day of your procedure. Please check with the staff if you need to urinate prior to being assigned a room.