

# General Instructions

## BEFORE YOUR PROCEDURE/SURGERY

### What Do I Need to Do Before My Procedure?

- Inform your physician of any changes in your health since your last visit.
- Bring a list of any medications you take; include the name, dosage and how often you take it. Your list should include any non-prescription drugs (i.e. aspirin, vitamins and herbal supplements). Ask your doctor if you should stop aspirin, anti-inflammatory medication or anti-coagulants (such as Coumadin or Plavix) prior to your procedure.
- Arrange transportation home. You must have a responsible adult drive or accompany you home.

### How Do I Prepare for My Procedure?

Please pay careful attention to the following instructions; it will help ensure your comfort and reduce the possibility of complications and/or cancellation.

- **Do not eat, drink, or chew gum, mints and hard candy 6 hours unless instructed differently**
- You may brush your teeth, but be careful not to swallow large amounts of water.
- Follow preparation instructions specific to your procedure/ surgery (included in this packet).

### Will NYU Langone Brooklyn Endoscopy and Amsurg Center Contact Me Before My Procedure or Surgery?

Yes, you will receive two phone calls from NYU Langone Brooklyn Endoscopy and Ambulatory Surgery:

1. Our registration staff will call you to confirm the date and time of your procedure/surgery and to obtain insurance and other payment related information. Our associate will advise you of your estimated copay and/or co-insurance responsibility.
2. Our pre-admission nurse will call you to complete a pre-op nursing assessment and answer any questions you may have.

## THE DAY OF YOUR PROCEDURE/SURGERY

### What Do I Need to Know on the Day of My Procedure?

- Remember, don't eat or drink unless otherwise instructed by your physician. (Follow your preparation instructions.)
- All patients must register on the main floor.

- Wear loose fitting clothes. Leave valuables at home and bring a case for glasses or contact lenses.
- You will have the opportunity to speak to the anesthesiologist prior to your procedure or surgery to answer any questions you may have about anesthesia. Please come prepared with any questions or concerns you may have.

## **AFTER YOUR PROCEDURE/SURGERY**

### **What Happens Right After the Procedure?**

You will be moved to our recovery area where you will remain under close observation by our anesthesiologist and nurses until you are discharged. Most patients are discharged within one hour after their procedure, however it may be longer.

### **What Home Care Instructions Should I Follow?**

Your physician or nurse will give you instructions regarding your diet, activity, follow-up appointment and medication. Be sure to contact your doctor with any questions.

### **What Precautions Should I Take When I Get Home?**

In addition to following the instructions you have been given, we suggest that you rest after surgery. It is normal to feel drowsy after anesthesia therefore we recommend that on the day of your procedure/surgery you avoid the following:

- Driving and operating equipment.
- Drinking alcoholic beverages.
- Making important decisions.

One of our nurses will call you within 48 hours after you return home to see how you are feeling. If you have any questions, you are welcome to call our office at (718) 336-9100.