

## PRE-OPERATIVE INSTRUCTIONS

- **DO NOT EAT OR DRINK ANYTHING AFTER 11PM** the night before your procedure, unless otherwise indicated. You may brush your teeth and rinse your mouth. **(DO NOT EAT GUM OR CANDY.)**
- You may take your heart, blood pressure, asthma medications and/or any other medications indicated by your physician the morning of the procedure, with only a **SIP** of water.
- Discontinue **ALL FISH OILS** and **VITAMINS, NSAIDs** (such as **ADVIL, IBUPROFEN, ALEVE**, etc.) as well as **GLP-1** (for diabetes and weight loss, such as **OZEMPIC/SEMAGLUTIDE** or **MOUNJARO/TIRZEPATIDE**) **ONE WEEK PRIOR TO THE PROCEDURE**.  
Also speak to your medical provider on safely stopping **BLOOD THINNERS** such as **ASPIRIN, COUMADIN, PLAVIX**, etc.
- **DO NOT WEAR ANY JEWELRY OR BRING ANY VALUABLES** with you on the day of the procedure.
- Every patient receiving anesthesia for their procedure **MUST BE ACCOMPANIED HOME BY AN ADULT**. Please make arrangements to have an adult accompany you, even if our transportation service is utilized.
- Bring photo identification and your insurance card.
- If you develop a cold, fever or symptoms of any viral illness or respiratory illness prior to the procedure, please call us immediately at **201.567.5700**.
- If you have pre-admission testing done (i.e., EKG and blood work), have your medical doctor's office email test results to **EKSM370@gmail.com** or fax **201.567.8049**.  
**ALL PRE-ADMISSION TEST RESULTS MUST BE PROVIDED VIA FAX ONE WEEK PRIOR TO THE PROCEDURE.**
- All minors (under the age of 18) must be accompanied by a parent or legal guardian, unless other prior arrangements have been made.
- The surgical facility will contact you the day before, indicating the time you must arrive.

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LOCATION OF PROCEDURE (YOU WILL BE NOTIFIED OF THE TIME **ONE DAY** PRIOR TO THE PROCEDURE).

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DATE