

AMBULATORY SURGERY CENTER

PRE-OPERATIVE INSTRUCTIONS PAIN MANAGEMENT

IPM&R Ambulatory Surgery Center – **SOUTH ENTRANCE**
3551 E. Overland RD., Meridian, Idaho 83642

Patient name: _____

Physician performing procedure: _____

Appointment date: _____

NO DRIVING: Bring a responsible adult to accompany you to your appointment and home, even if you take a taxi. You may experience numbness for awhile in one or more extremities or may be given medication that helps you relax. Even though you may not feel tired, your judgment and reflexes may not be normal.

MEDICATIONS: Please BRING: a LIST or the BOTTLES of ALL MEDICINES, dosages, and how often you take them.

ANTI-INFLAMMATORY MEDICATIONS: If you take any of the following: Stop 5 days prior to your procedure.

- | | | | |
|--------------------------|---------------------------------|--------------------------|----------------------------------|
| <input type="checkbox"/> | Motrin (Ibuprofen) | <input type="checkbox"/> | Ketoprofen (<u>Orudis</u>), |
| <input type="checkbox"/> | Aleve (Naproxen Sodium) | <input type="checkbox"/> | Ketorolac (<u>Toradol</u>), |
| <input type="checkbox"/> | Aspirin (More Than 1 Per Day) | <input type="checkbox"/> | Indomethacin (<u>Indocin</u>), |
| <input type="checkbox"/> | Relafen (Nabumetone) | <input type="checkbox"/> | Nabumetone (<u>Relafen</u>), |
| <input type="checkbox"/> | Mobic (Meloxicam) | <input type="checkbox"/> | Tolmetin (<u>Tolectin</u>). |
| <input type="checkbox"/> | Salsalate (Amigesic) | <input type="checkbox"/> | Oxaprozin (<u>Daypro</u>), |
| <input type="checkbox"/> | Diclofenac (<u>Voltaren</u>), | <input type="checkbox"/> | Etodolac (<u>Lodine</u>), |
| <input type="checkbox"/> | Piroxicam (<u>Feldene</u>), | <input type="checkbox"/> | Sulindac (<u>Clinoril</u>), |

ANTI-COAGULANTS (BLOOD THINNERS): If you take any of the following:

- Coumadin (Warfarin, Jantoven)
- Plavix
- Aggrenox
- Arixtra (Fondaparinux)
- Xarelto (Rivaroxaban)
- Eliquis (Apixaban)
- Heparin
- Lovenox (Enoxaparin)
- Fragmin (Dalteparin)
- Pradaxa (Dabigartran)
- Eliquis (Apixaban)
- Acova (Argatroban)
- Angiomax (Bivalirudin)

- **THE DOCTOR WHO IS WRITING THESE MEDICATIONS MUST STATE YOU ARE SAFE TO STOP THESE MEDICINE IN WRITING OR BY SPEAKING TO YOUR IPMR DOCTOR.** Some procedures can safely be done on “blood-thinners” and this is a decision made by you and the IPMR physician who does your procedure.
- **GENERALLY: YOU MUST BE OFF** Plavix, Aggrenox, and Pradaxa for **7 DAYS**
Coumadin **3-5 days** with an **INR of 1.2**
Xarelto or Eliquis for **5 DAYS**
- **OTHER MEDICATIONS:** You may take all of your regular medications the morning of your procedure with a sip of water. This includes all pain medicine (unless directed otherwise by your IPMR physician).
- **IF YOU ARE DIABETIC: Each diabetic is different. You need to keep your blood sugars as stable as possible. Adjust your medications as needed for this. If your blood sugar is too high or too low at the time of your procedure, it may need to be rescheduled.**

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COMPLEX MEDICAL ISSUES:

- It is all about **SAFETY**. If you have significant medical problems such as severe COPD, Congestive Heart Failure, poorly controlled Diabetes, unstable Blood Pressure or other significant issues, you may be asked to come in for an office consult prior to scheduling a procedure. This is mainly for new patients. If you are already a patient in the practice, this is at your doctor's discretion.

DIET AND FLUIDS:

- **6 hours prior to procedure:** You may eat a light meal, and then *STOP* solid food. A LIGHT MEAL would be toast and coffee, fresh fruits, broths, eggs, tomato, lettuce, canned fruit and vegetables. (If you have an early morning procedure, eat and hydrate well the night before). You may have clear liquids in modest amounts like water or apple juice up to 2 hours prior to your procedure. **NOTHING BY MOUTH 2 HOURS PRIOR TO YOUR PROCEDURE.**

Directions to the IPMR Ambulatory Surgery Center and IPMR Meridian Office 3551 E. Overland Road Meridian, Idaho 83642 (208) 287-6565

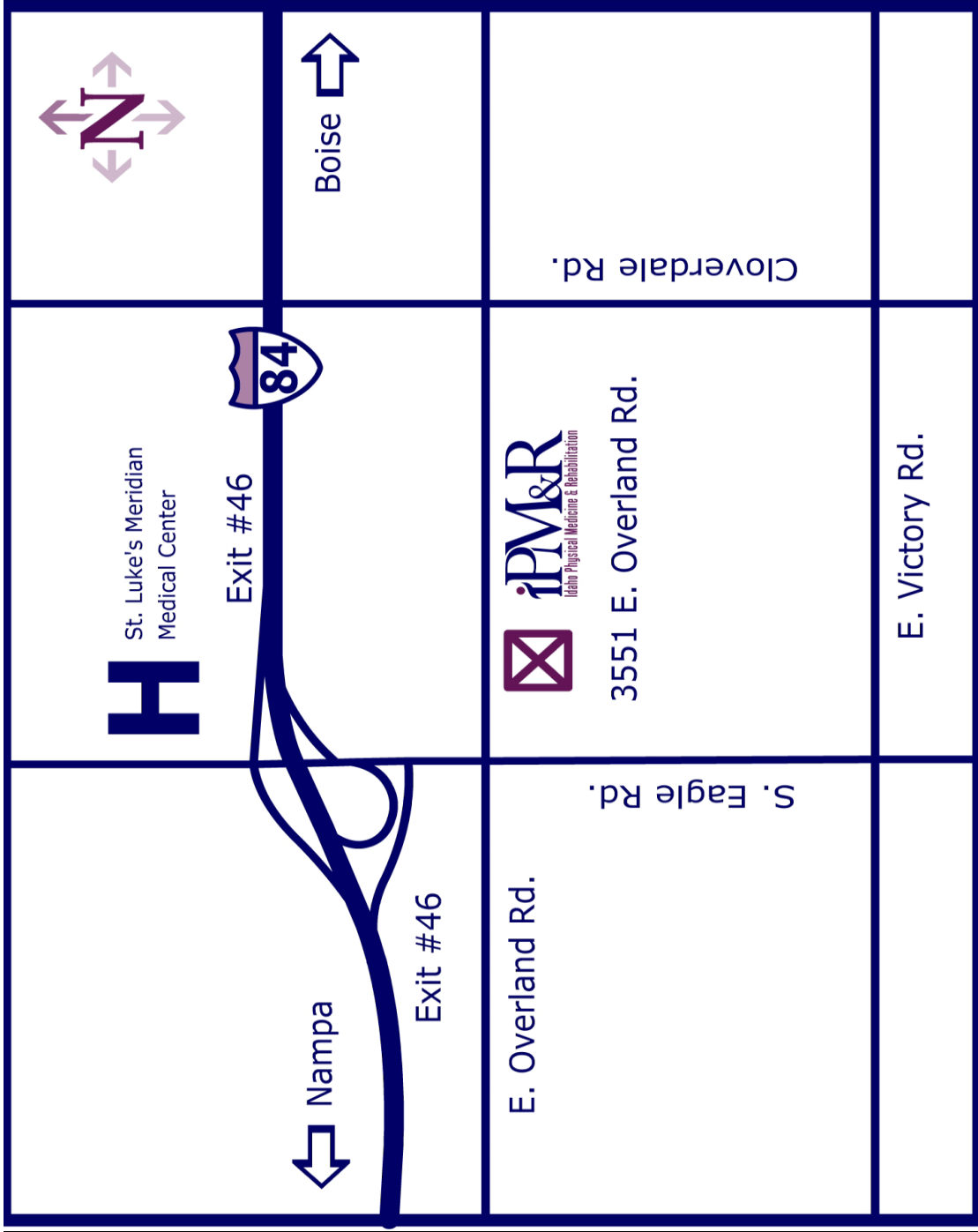
Directions from Boise going Westbound I-84:

Take the Eagle Road Exit # 46 Turn Left on Eagle Road going over the freeway
Turn Left on E. Overland Road Turn Right on Silverstone Way (It will be the first stop light you come to on E. Overland Road) Our building is the first building on the right as you go through the rock archway. Our **Ambulatory Surgery Center** has its own entrance on the **SOUTH** side of the building. We share the building with the Meridian Library, Heart'n Home Hospice, Rehab Authority, and Advanced Imaging/Open MRI

Directions from Nampa going Eastbound I-84:

Take Eagle Road Exit # 46
Turn Left on E. Overland Road
Turn Right on Silverstone Way (It will be the first stop light you come to on E. Overland Road)
Our building is the first building on the right, as you go through the rock archway.
Our **Ambulatory Surgery Center** has its own entrance on the **SOUTH** side of the building.
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Medication List

Across the United States, approximately 2.3 million people become ill or have adverse side effects from medical therapy each year. Also, adverse drug events account for about 4.7% of US hospital admissions and contribute to an estimated \$3.8 million in costs per hospital each year.

Here at Idaho Physical Medicine and Rehabilitation Clinics and Ambulatory Surgery Center, we take medication delivery very seriously. We believe that you, the patient, are a key member of the team that needs to be involved in enhancing accurate and complete list of your current medications. This would include the name, dose, and frequency of each medication you take. Since this information is detailed and may be difficult to remember, we ask you to bring all current medication bottles (including multi-vitamins, herbals, special creams or lotions, laxatives, and any other over-the-counter remedies you take) with you when you come for your appointment or procedure. If you are unable to bring in the bottles, please bring in an updated medication list including all of the above information. You are welcome to use the template on the back of this letter for this purpose.

When you arrive at the Clinic or ASC, you will be asked to review the information we have regarding your medication in our medical record and to edit it based on your medication bottles or the medication list that you bring in.

When you leave our facility, we will give you an updated list of your medications for you to take to your next provider of care.

We are dedicated to providing the highest quality, safest care possible, and we appreciate your partnership to support us in achieving this goal. Please feel free to contact us at (208) 884-1333 or 489-4016.

Sincerely,

The Providers at IPMR

