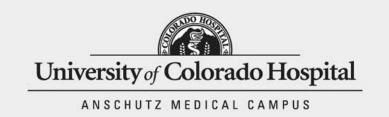
Information for Patients and Families



Pre-Anesthesia Instructions (Anschutz Inpatient Pavilion)

You are scheduled for surgery or a j	procedure on:
Your doctors' name is	
•	ry (2 -4 p.m.) call 720-848-6070 to find out the time of your surgery ocedure is on a Monday, or following a Monday holiday, call on the n.).
Medical Campus (formerly F follow the signs to AIP 2, or	e or surgery, enter the Anschutz Inpatient Pavilion on the Anschutz Fitzsimons). Once inside the Anschutz Inpatient Pavilion lobby, you can ask the information desk for directions. Then follow the Elevator E to the second floor and exit the elevator lobby and turn oom 2.604.
720-848-0000. Ask for the Residen	ery (cold, fever, upset stomach, etc.) or if you have questions, call at for theService. Or you may also call stating the problem. We will return your call at 6 a.m.
Instructions before Surgery	
 Do not take in any solid food or surgery or procedure, unless oth 	milk and creamer products after midnight the evening before your nerwise instructed.
 Up until 4 hours before your su The ONLY acceptable clear lie 	rgery or procedure, you may continue to drink ONLY clear liquids. quids during this time include:
⇒ Water	⇒ Sodas or Gatorade®
⇒ 8 ounces of black coffee or	tea (no milk, creamer or non-dairy creamer)
⇒ Juices-apple, cranberry-any	thing you can see through (without pulp), No orange juice!
 Starting four hours before your sucking on hard candy 	surgery time, stop all liquids. This includes chewing gum, or
• TAKE only the medication you	u have been instructed to take:

DO NOT smoke, chew tobacco, or use any recreational drugs the day of your surgery, this includes e-cigarettes or cannabis vapor gas. **University of Colorado Hospital is a nonsmoking facility.**

(OVER)

Please follow these instructions strictly. This will avoid unnecessary discomfort, delays, or possible cancellations for yourself (or your child), during and after your surgery or procedure.

Other Special Instructions

- A bath or shower with Hibiclens soap or antibacterial soap is highly recommended the night before or day of your surgery or procedure. This is to help decrease the risk of infection.
- Wear clean loose fitting clothing that will be comfortable and easy for you to put on following your procedure.
- **DO NOT** wear jewelry (including wedding rings), and remove all body piercings. Make arrangements for any body jewelry that requires a device for removal.
- Wear your glasses instead of contacts. Bring a case for your glasses or hearing aids.
- **DO NOT** wear make-up (especially eye make-up or lipstick), perfume or lotion especially on your face or the surgical site.
- Bring your CPAP or Bi-Pap mask if you have sleep apnea.
- On the day of your procedure you may brush your teeth but spit out the water.
- Please allow extra time for parking. Park in front of the Anschutz **Inpatient** Pavilion. There is FREE valet parking available if you are unable to find a parking space quickly or wish to use this service.
- Although you or your child may be having this surgery or procedure as an outpatient, it may become necessary to be admitted to the hospital instead of going home. If you have packed a suitcase, please leave it in the car until you have a room assignment. The room number will be given to your family after surgery.
- For patients being discharged the day of the procedure, you <u>must</u> have a responsible family member or friend to take you home and stay with you overnight. Arrange for a ride in advance.
 - Driving a car, operating machines or appliances, making major decisions or ingestion of alcohol should be avoided for 24 hours after having anesthesia.
 - The parent/guardian of pediatric or special needs patients must remain with them at all times in the hospital and for 24 hours after the procedure. We encourage you to bring another adult to help during the drive home. **DO NOT** bring other children.
- Please bring your insurance card and a photo ID. Also bring your pharmacy card, if you have one.
- Please bring a method of payment for your copay and/or prescriptions. If you have concerns about your insurance or copay, please call Insurance Verification at 720-848-7891 (between 10 a.m. and 4 p.m.) 1 to 2 business days before your surgery. Give your name and date of surgery and they will verify your insurance information and approvals.
- Please find more information on our website www.uch.edu. Click on "Your Visit" where you will find directions and lodging and under "Preparing for Surgery" you will find information about anesthesia.