



sierra ambulatory surgery center LLC

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## PREOPERATIVE INSTRUCTIONS PAIN MANAGEMENT

1. Your surgery/procedure is scheduled on \_\_\_\_/\_\_\_\_/\_\_\_\_
2. Your arrival time is \_\_\_\_\_.
3. You will arrive at **Sierra Ambulatory Surgery Center located at 400 Sierra College Drive, Suite B, Grass Valley, CA 95945.**
4. We have scheduled and expect that you will return home the same day as your surgery/procedure. However, as with any medical or surgical procedure, there are rare occasions that our doctor may decide you should be admitted to the hospital. Should this need arise, we will make the necessary arrangements for your admission to Sierra Nevada Memorial Hospital.
5. You need to have a ride home arranged. We require that your ride remain at the facility until you have been cleared.
6. You should also arrange for a responsible **adult to stay with you** during the first 24 hour after your surgery/procedure.
7. **Do Not Eat** any food after midnight the night before your surgery/procedure.
8. You may drink clear liquids until \_\_\_\_\_ the day of you surgery/procedure. After that, you are to have nothing by mouth, not even water. **If your arrival time is changed please stop drinking clear liquids 2 hours prior to your new arrival time.**
9. You may take morning medications after the above time with sips of water. Please follow the **MEDICATION FORM instructions** that were provided to you or discussed with you.

### **Some examples of clear liquids are:**

- Black Coffee/Mild Tea (no cream or milk) but sugar is okay
  - Apple/Cranberry Juice
  - Clear broth
  - Jell-O
  - Clear Sports Drink such as Gatorade
  - Mineral, bubbly or plain water
  - Clear soft drinks such as Ginger Ale, Lemon Lime or Club Soda
10. Call Sierra Ambulatory Surgery Center at (530)272-3428 if you develop a cold, sore throat, fever or other illness prior to your surgery/procedure.