FOR PATIENTS RECEIVING ANESTHESIA

- You will need to bring a picture form of identification (Drivers License), Insurance Card and any expected co-pay with you to the surgery center.
- Please call 860-378-8228 between 10am and 2pm on the day before your procedure to confirm your arrival time for the following day. If your surgery is on Monday, please call on the previous Friday.
- The center is located at 81 Meriden Ave Suite C301, Southington, CT on the third floor of the Hospital of Central Connecticut Bradley Campus. Follow signs to the Emergency Room and enter through the plum colored awning (Southington Surgery Center entrance). Entrance to the surgery center parking lot is on Oakland Road. The GPS address to utilize is: 5 Oakland Road.
- Do not eat anything after midnight the night before your surgery. You may have water, black coffee or Gatorade to drink up to four (4) hours prior to your scheduled arrival time. Failure to follow these instructions may result in cancellation of your surgery.
- STOP the following medications three (3) days prior to procedure: Ibuprofen (Motrin, Advil), other NSAIDS (Aleve, Indomethacin, Meloxicam, Naprosyn, Naproxen, Relafen etc.). You may continue taking Tylenol /acetaminophen.
- Consult your medical doctor or cardiologist if you are taking Aspirin, Plavix, or other anticoagulant drugs. Ask when/if it is safe to stop taking these medications prior to surgery. If it is not appropriate for you to stop taking them, please notify the doctor performing the procedure to ensure they understand you will be continuing the medication.
- Take regularly prescribed medications with a sip of water the morning of your procedure. Heart, blood pressure, asthma, reflux, anti-anxiety, anti-seizure, and allergy medications should be taken unless otherwise instructed by your physician or anesthesiologist.
- **Diabetic Patients:**
  - **Insulin Dependent Patients:** Contact your primary care physician or endocrinologist for dosing instructions. If necessary, call the
Southington Surgery Center and leave a message for the Anesthesiologist at 860-378-8228.

- **Oral Diabetic Medications:** Do not take the morning of your procedure. If you are taking Metformin **DO NOT** take it the night before your procedure or the morning of your procedure.

- **Shoulder surgery:** wear large button down shirt for shoulder surgery. Women will not be able to wear a bra after shoulder surgery.
- **Knee, leg or foot surgery:** Please do not wear slip on shoes or sandals.
- If you have been fitted or given a sling, immobilizer, surgical shoe, cane or crutches for this surgery, please bring it/them with you on your day of surgery.
- Please leave all valuables, including cash, at home.
- Do not wear jewelry, including watches, rings or body piercings on the day of surgery. Please REMOVE all body piercings prior to coming to the center—No Exceptions.
- If you wear contacts, please wear your glasses to the surgery center and bring a case for their safekeeping. You will need reading glasses if you wear them.
- If you are having hand or foot surgery, remove all nail polish and acrylic/gel or artificial nails on the hand/foot upon which you will be operated to decrease the risk of infection.
- Do not shave the operative area on the day of surgery.
- Call the surgery center if there is any change in your physical condition, such as a flu, fever, or injury to the operative area before your surgery.
- If, applicable: please bring a copy of your Advanced Directive, Power of Attorney, or legal guardianship.
- For the comfort and privacy of all patients: only one person is allowed in the patient care areas; no picture taking is allowed; children are not permitted in the patient care areas.
- You should have received a patient information booklet and a Patient Medication History Form from your surgeon's office. Please review the information in the booklet as soon as possible and complete the Medication Form and bring it with you on the day of surgery. If you did not receive them, please call your surgeon’s office and request them or go to our website [www.southingtonsurgerycenter.com](http://www.southingtonsurgerycenter.com).
- Please follow all pre op instructions given to you by your physician, anesthesiologist and/or the center. If you have any questions on how to properly prepare for surgery, please call us as 860-378-8228.