

# **SAN ANTONIO AMBULATORY SURGICAL CENTER** **PREOPERATIVE INSTRUCTIONS**

Thank you for choosing San Antonio Ambulatory Surgical Center for your surgical needs.  
San Antonio Ambulatory Surgical Center is located at  
901 San Bernardino Road, Upland, on the second floor.

## **Please read the following information before you arrive as SAASC.**

You will receive a phone call the day before your scheduled surgery or procedure stating the time you should arrive. Be prepared to tell the nurse your list of medications and dosages. Please check your messages.  
If you miss the call and need to call us back or have any questions after you have spoken to the nurse, the phone number is (909) 579-1500.

## **GASTROENTEROLOGY PROCEDURE (Colonoscopy and/or EGD):**

The day BEFORE the procedure:

COLONOSCOPY: Clear liquid diet all day. **No solid food.** Clear liquids include apple or white grape juice, lemonade, water, non-red Gatorade, clear broth or bullion, clear sodas, green or yellow jello, Crystal light, popsicles, and coffee or tea WITHOUT creamer.

*Follow your gastroenterologist's office instructions regarding your colonoscopy prep and medication.*

EGD: Nothing to eat or drink after midnight.

**For Dr. Jenkins' patients:** *DO NOT TAKE ANY MEDICATION* the morning of your procedure.

**YOU WILL BE RECEIVING CONSCIOUS SEDATION WHICH WILL HELP YOU BE COMFORTABLE DURING YOUR PROCEDURE AND HELP WITH ANXIETY BUT YOU WILL NOT BE ASLEEP AND MAY REMEMBER YOUR PROCEDURE**

## **GENERAL SURGERY:**

- You may NOT have anything to eat or drink after midnight the night before your procedure. No gum. No mints. No water. No smoking.
- If you take daily medication in the morning, please **DO NOT** take them. *EXCEPTION: You may take your medication for high blood pressure, heart disease or seizures, with a sip of water only.*
- If you are diabetic and take insulin, take one-half your normal dosage the morning of surgery. If you take oral diabetic medication **DO NOT TAKE IT.** If you have an insulin pump, call your endocrinologist for instructions.
- If you use an inhaler for asthma, please bring it with you.
- You may bathe or shower the night before or the morning of your procedure. Please do not shave the surgical site.
- You may brush your teeth but do not swallow any water.
- Please wear loose, comfortable clothing.
- If you wear contact lenses, please leave them at home.
- You will need to bring your picture ID and your insurance card.
- Please leave ALL jewelry, watches and valuables at home. Jewelry includes any body piercings.
- A responsible adult must drive you home. We cannot discharge you unaccompanied after any sedation or anesthesia. Your procedure may be cancelled if you do not have a ride home.
- After your procedure someone should stay with you at home for the first 12 hours.

## **PAIN MANAGEMENT**

- Follow all above instructions. *EXCEPTION: Take all medication with a sip of water only.* If you take any blood thinners or aspirin, follow instructions from your doctor.