

PREOPERATIVE INSTRUCTIONS FOR OUT OF OFFICE PROCEDURES

PATIENT NAME: _____ DATE OF BIRTH: _____

DATE OF PREOPERATIVE APPOINTMENT WITH DR. JUKES: _____

DATE OF SURGERY: _____ (exact time will be given by facility)

SURGERY LOCATIONS:

- South Austin Medical Center**, 901 W. Ben White Blvd., Austin, TX 78704 (512) 447-2211
- *Stonegate Surgery Center**, 2501 W. William Cannon Dr. Ste. 301, Austin, TX 78745 (512) 439-7300
- The Hospital at Westlake Medical Center**, 5656 Bee Cave Rd., Austin, TX 78746 (512) 327- 0000
- *Arise Austin Medical Center**, 3003 Bee Cave Rd., Austin, TX 78746 (512) 220-3890
- Cedar Park Surgery Center**, 351 Cypress Creek Rd. Ste. B102, Cedar Park, TX 78613 (512) 498-9006
- Hill Country Memorial Surgery Center**, 201 Gateway N., Marble Falls, TX 78654 (830) 798-1821
- North Austin Medical Center**, 12221 Mopac Service Rd., Austin, TX 78758 (512) 901-1000
- Seton Medical Center Austin**, 1201 W. 38th St., Austin, TX 78758 (512) 324-1000
- Seton Southwest Hospital**, 7900 FM 1826, Austin, TX 78737 (512) 324-9000
- Baylor Scott & White Medical Center Lakeway**, 100 Medical Pkwy, Lakeway, TX 78738 (512) 571-5000

TYPE OF SURGERY:

- Minor or Major
- Day surgery or 23 hr observation (outpatient) or Inpatient/Hospitalization
- Bowel prep needed** (required for major surgeries)
- Preoperative clearance needed**
- Separate preoperative visit required at hospital**
- Lab work needed Urine tests needed Chest x-ray needed ECG needed

ONCE SURGERY IS SCHEDULED: If you smoke, it is best to **STOP** as soon as possible as smoking increases the risk of postoperative pneumonia/bronchitis, blood clots, and delays in healing.

TWO WEEKS PRIOR TO SURGERY: Please stop use of all non-steroidal anti-inflammatory medications (ibuprofen/Motrin/Advil, aspirin, naproxen/Aleve, Midol, Excedrin, Alka-Selzer and any prescription or over-the-counter NSAIDs). Please stop use of other medications including vitamin/herbal preparations (omega 3s, flax seed, fish oil, evening primrose oil, St. John's wart, vitamin E, and zinc) unless discussed with Dr. Jukes. These are all medications that can cause you to bleed or bruise during surgery. Please notify our staff of any immunosuppressants you are taking as some can delay healing and may require special dosing around surgery time. ***Phentermine (Apidex) and/or any other weight loss supplements/medications should be discontinued 14 days prior to your surgery date in order to avoid complications.*** Acetaminophen/Tylenol/hydrocodone/Tramadol **may be used** to control pain if needed. If you have any concerns about medications or supplements you are currently taking, if not medically necessary, it would be in your best interest to discontinue use.

ONE WEEK PRIOR TO SURGERY: You should have a preoperative visit scheduled with our office and usually a separate visit with the facility, depending on where surgery is being performed. **The facility will contact you 3-5 days prior to the procedure to schedule your preoperative visit**, but you are welcome to contact them earlier if needed. The facility will perform any preoperative testing that Dr. Jukes has ordered – EKG, chest x-ray, lab work, urine tests as needed. You may be sent to an imaging facility to have a chest x-ray if your facility does not require a preoperative visit.

Please write down any questions you would like to review at your preoperative visit with Dr. Jukes.

****If you were instructed to obtain preoperative surgical clearance, it is imperative that you complete this prior to your appointment with Dr. Jukes.**

PREOPERATIVE APPOINTMENT WITH DR. JUKES: Dr. Jukes will go over the pre- and postoperative instructions and review the risks, benefits, and alternatives to surgery. This is the best time to ask any questions or make additional changes to your surgical plan if needed. The consent for surgery will be signed at the hospital.

Please bring a list of all of your medications, vitamins, and herbal preparations to your appointments as well as a list of allergies (medications, vitamins, topical, latex, materials) and your corresponding reactions.

****Dr. Jukes will provide you with prescriptions to pick up at your pharmacy PRIOR TO SURGERY so that you have them on hand immediately after surgery:**

1. Phenergan, 6.25mg orally every 4-6 hours for any nausea/vomiting.
2. Motrin, 800mg orally every 8 hours for pain. *Important in the first 2 days after surgery.
3. Tylenol with Codeine #3, 1-2 pills every 6 hours for severe pain. *This is a narcotic.
4. Zofran may be used instead of Phenergan. Over-the-counter ibuprofen may be used at lower doses instead of Motrin, 800mg. Norco or Ultram may be used instead of Tylenol #3. Let us know if you need an anxiety medication or sleep aide prior to surgery.
5. Hormone patches may be prescribed if both of your ovaries are removed at your 2-week post-op appointment in the office.

PREOPERATIVE VISIT AT THE FACILITY: Depending on where your surgery is being performed, you may need a second preoperative visit. The facility will contact you no later than 5 days prior to your scheduled surgery date to provide your arrival time for surgery regardless of whether you need a second preoperative appointment or not. If you have not been contacted by the facility, please call the main numbers listed on the previous page to speak with a pre-op representative. Please expect to arrive at the facility approximately 1-2 hours before the scheduled start time, as directed by the facility staff. **Please be aware that times are subject to change and that, due to unforeseen circumstances, your surgery may or may not take place at the time you were given.** We ask that you be flexible and not make any other plans for the date of your surgery.

ONE DAY PRIOR TO SURGERY (Bowel preparation for major surgeries): Push clear liquids all day (ex: water, Gatorade, broth, Jell-O). **Drink plenty of fluids.** The goal of a bowel prep is to remove the solids, NOT DEHYDRATION. Take two (2) 10-ounce bottles of magnesium citrate (any flavor, chilled is best – available at any drugstore/HEB/Walgreens, etc) over a 2 hour period. Between 4-6 pm usually works well. You will want to be close to a bathroom during this time. The magnesium citrate will induce diarrhea. Once the diarrhea subsides you can use one fleet enema, either that night or before you leave for the hospital in the morning, to remove any particulate matter from feces. **You are allowed to eat the day prior to your surgery up until you perform the bowel preparation,** but be mindful that whatever you eat will be emptied out of your stomach by doing the bowel preparation. **Nothing by mouth after midnight. However, if your surgery falls in the afternoon, you are able to eat up to 8 hours prior to your surgery.**

****FOR ALL PATIENTS UNDERGOING SURGERY: Do not eat or drink anything after midnight unless you fall into the category above.** Bathe the night before or the morning of surgery. If you have a history of MRSA, bathe with Hibiclens (available at any pharmacy). Shaving the day of surgery is **not** necessary and may increase the risk of infection if a cut occurs.

THE DAY OF SURGERY:

****Please arrive at the most recent time given by the facility (sometimes given as late as the night before the procedure). It will be a minimum of 1-2 hours prior to your surgery start time and is subject to change.**

Do not swallow any water when brushing your teeth. Necessary medications as discussed with Dr. Jukes and the facility's pre-op nurse may be taken with a sip of water. Wear comfortable clothing. Do not wear makeup (preferably no nail polish). Remove all piercings as they can conduct heat and result in a skin burn. Belly button piercings can also contribute to infection, so please do not replace them until you are fully healed. Eyewear cannot be worn during surgery. Please bring an eyeglass case for storage. Do not bring valuables to

the hospital. Bring your list of medications and allergies, your insurance card, contact information, and power of attorney information. Please let Dr. Jukes and her staff know if there are limits on what information can be disclosed to the family members/friends that will be accompanying you during the surgery/hospitalization.

FACILITY DISCHARGE: For outpatient surgery (including 23 hour observation and day surgery), you must arrange for someone to take you home after surgery. There are **no exceptions** to this rule. It is advised that you have someone stay with you overnight. For day surgery, you will likely go home 1-2 hours after the procedure; for 23 hour observation you will likely go home 7-9 hours after surgery, once you have demonstrated that you can drink fluids and walk successfully without assistance. If you will be staying overnight, please bring a robe, slippers, toiletries, lip balm, lotion for dry skin, and pads (if applicable). A family member can usually stay with you.

FINANCIAL COMMENTS: If you need to cancel or reschedule your surgery, we require 1 week's notice (except in emergency situations) to avoid a \$750 late cancellation fee.

Dr. Jukes' surgery coordinator will obtain benefits and precertification for your surgery as required by your insurance company. Please know that obtaining precertification does not guarantee payment and insurance companies are not held accountable for information given over the phone prior to services being rendered. We will contact you before your pre-op appointment to provide an estimate **only for Dr. Jukes' portion of the procedure**. The surgical facility will do the same, usually 3-5 days prior to your surgery. If you are wanting to request any financial information prior to this, please call the facility directly. We cannot assist with any questions related to facility charges, preoperative visits, anesthesia, or any other financial questions. Please let our staff know of any exclusions on your insurance plan or any changes in your insurance information. **Your deductible and coinsurance estimate for Dr. Jukes' portion of the surgery will be collected at the preoperative visit with Dr. Jukes. Please let the financial coordinator know if you need a payment plan before the time of your appointment.** Please remember that all financial quotes are an estimate only and that your total financial responsibility will be determined by your insurance company once they have received all of the claims. This amount may differ from what you were quoted for a variety of reasons, including misinformation being given by your insurance representatives and/or additional, unforeseen services being rendered.

OTHER IMPORTANT INFORMATION: Dr. Jukes often uses a licensed surgical assistant or another surgeon for laparoscopies and abdominal or extensive vaginal surgeries. This is for your safety and to optimize the surgical outcome. There may be additional fees related to this service that will be billed to your insurance. Please know that, in addition to what you pay Dr. Jukes and the surgery facility, you may also receive bills for the anesthesiologist and pathologists, as well as any surgical assistants.

Finally, we want to let you know that we consider it a great privilege to participate in your healthcare. Please let us know if we can do anything to make you feel more at ease!

Thank you!

Dr. Lisa M. Jukes & Staff
5656 Bee Cave Road Suite B101
Austin, TX 78746
(512) 301 – 6767