

Your SASC Procedure- What to Expect and Other Helpful Info

Prior Authorization- Unless you are paying for your procedure out of pocket, we need to have prior authorization from your payer before we do the procedure. We begin working on this at the time you make your appointment for the procedure. If we don't have the necessary authorization by 3 p.m. the day before you are scheduled for your procedure, we will call you to re-schedule.

Some Medications Need to be Stopped Before the Procedure

- In general, we ask you to continue taking your medications as directed.
- However, if you are on **NSAIDs** (such as Advil, Aleve, Indomethacin, etc.), aspirin, or compounds which contain aspirin, your doctor may ask you to stop them 1-3 days prior to the procedure. If you are taking an NSAID, make sure you understand what your doctor wants you to do.
- If you are taking **blood thinners** (such as Coumadin, Warfarin, Plavix, Lovenox, Heparin, etc) you **must stop** these prior to the procedure. **Make sure this is OK with the provider who prescribes this medication for you.** The number of days by which you stop it depends on the medication. If you are taking a blood thinner, make sure this issue has been discussed with you by your provider. Make sure you know when to stop the drug, and when you can re-start it.
- If you are taking **Coumadin or Warfarin**, your doctor will want you to **check your INR level** the day before the procedure. Bring documentation of the level with you to your procedure. If it is above 1.2, please call us right away. We may need to re-schedule your procedure.

Eating and Drinking

- **SIX hours** prior to your procedure's start time, you will **stop eating food** and you will **stop drinking non-clear liquids.**
- You may **drink clear liquids up to TWO hours** prior to your procedure's start time. We encourage you to drink clear liquids up to two hours prior to. This helps you maintain good hydration levels, which helps you feel better and also makes it easier for us to start your IV. For a list of clear liquids, see the back of this sheet.
- **TWO hours prior to your procedure's start time, STOP taking anything by mouth.**
- If you are diabetic and are concerned about fasting prior to the procedure, please discuss this with your provider at the pre-operative visit.

What to Expect Before, During and After Your Procedure

You will arrive at the South Anchorage Surgery Center _____ minutes prior to the start of your procedure. The entrance to SASC is different than the entrance to the clinic. Please see the map on back.

On arrival, you will be welcomed by our front desk receptionist. He/she will complete some paperwork with you. Then, you are taken back to the pre/post op area by one of our nurses to begin final preparations.

- You will be asked to change into a gown. For most procedures, all clothing is removed with the exception of briefs / panties and socks. If you'd like an extra gown to wear as a robe, please ask. You will also be given a hat and booties to wear into the procedure room.
- A "day of surgery" health questionnaire / interview is completed with/by your nurse.
- Your medications will be reviewed with you by your nurse. Feel free to bring a copy of your medications list with you listing medication, why you take it, form, dosage and times per day you take it. The prescribing provider's name is also helpful.
- Your allergies to medications and other things will be reviewed with you by your nurse.
- Regardless of age, all females will be asked to verify in writing that they are not pregnant.
- You will be given a patient ID band to wear, as well as an allergy band if indicated.
- Pre-op vital signs will be taken.

What to Expect (Continued)

- If you are diabetic, a pre-op blood sugar will be taken. You can bring your own glucometer with you if you like. If you
- If you are having sedation, an IV will be started.
- You will receive your discharge instructions prior to sedation. You will be asked to sign these prior to sedation for legal reasons.
- You will be given a pain log to complete- just before and for one week after your procedure. Please bring this back with you to your next visit.
- You will be monitored for 15-30 minutes after your procedure.
- You may be sleepy after your procedure, if you've had sedation.
- You may be hungry after your procedure. We offer a light snack, but encourage you to bring a snack with you to eat afterwards, once you have been discharged.
- Due to privacy and space concerns, we cannot allow your family or escort in the pre/post op area.
- We will be calling you the day after your procedure to check in.
- At any time, if you have questions or concerns, call the office or the after- hours answering service.

Clear Fluids List- These are okay and you are encouraged to drink these up to two hours prior to your procedure. Stop everything by mouth two hours prior to procedure.

Plain water

- Fruit juices without pulp, such as apple, grape, cranberry juice. (You must be able to see through it.)
- Clear, fat-free broth (bouillon or consommé)
- Clear sodas such as Seven-Up
- Plain gelatin
- Honey
- Ice pops/popsicles without bits of fruit or fruit pulp
- Black tea or black coffee (no sugar or cream)

SASC Building / Parking Map

