

**Your procedure is scheduled for \_\_\_\_\_, arrive in admissions @ \_\_\_\_\_**  
Our scheduler will call between 11am and 1pm on \_\_\_\_\_ to give you your arrival time. If you need to reach the scheduler, please call **444-9277** or **1-800-464-7731 ext 9277**.

**Please** stop at the Admissions Desk to verify information, sign papers and get an ID bracelet. They will direct you to the **Same Day Surgery** waiting area. Tell the volunteer you are here or dial the number displayed near the phone on the desk to inform the nurses of your arrival. The Same Day Staff will bring you in, have your change into a gown, get vital signs, assess you, and start an IV if required. You will talk with your assigned anesthesia provider and your doctor prior to beginning the procedure. We have allowed approximately 1 hour to get you ready before we expect your procedure to begin. However, you must be prepared for waiting if there are surgical delays or emergencies.

**Please** be sure to have a **RESPONSIBLE ADULT** accompany you, drive you home, and be available to assist you during your recovery at home if you are scheduled for an outpatient procedure with sedation. Ride is Failure to make these arrangements may result in your procedure being cancelled. **Please do not** bring young children with you.

**Please** remember parents or legal guardians **must** accompany minor children or adults who require guardianship to be available to sign consents. You must bring copies of legal guardianship papers. Bring a copy of **Advanced Directives** or **Durable Power of Attorney for Healthcare** if not already in your medical record.

**Please** ask your **surgeon or medical doctor about taking your routine medications**. Some surgeons wish you to stop medications like Aspirin, Ibuprofen, or any blood thinners days prior to the procedure. Many doctors recommend oral diabetic pills be held the morning of surgery and insulin doses be reduced. Your medical doctor will be the best guide for these medications. **Anesthesia allows important pills such as blood pressure, heart, anti-reflux medication, and breathing pills to be taken with a small sip of water even if you are not allowed any liquids that morning.** Breathing treatments or sprays should be taken as usual.

PLEASE TAKE WITH SIP OF WATER

DO NOT TAKE

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please** wear **loose fitting clothes** that are easy to remove and put back on. Keep in mind that the clothing must fit over the dressing expected after the procedure. An open neck or button down blouse or shirt is useful after eye surgery that will require a post-operative patch. Clothes will be placed in a belongings bag during your procedure. Bring a **case for eyeglasses or a contact lens case** to protect them during your procedure. **Please do not wear colored nail polish, makeup, jewelry, cologne, or perfume** on the day of the procedure.

**Please** leave valuables at home such as **money, jewelry, rings and contact lens**. Littleton Regional Hospital cannot be responsible for valuables. You may need money for prescriptions after surgery. The admissions office may need insurance cards.

**Please** contact your surgeon if you develop **a bad cold, sore throat, fever, or have flu-like symptoms**.

**Please** do not **eat anything after midnight** or your surgery may be cancelled. **Do not smoke, chew tobacco, rub snuff, chew gum, or eat hard candy after midnight**. You may brush your teeth and you may have a sip of water with any of the **important** medications you were instructed to take by your physician. You may have **clear liquids** (water, clear fruit juices without pulp, coffee or tea (without cream or milk), soft drinks, Gatorade or Kool-aid) up to **four hours prior to your scheduled arrival time**.

**Additional Instructions** \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Nurse Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient/Responsible Party Signature

\_\_\_\_\_  
Date

Littleton Regional Healthcare  
Littleton, NH 03561

Patient Identification

