

ZEMAN SURGICAL SERVICES

PRE-OPERATIVE INSTRUCTIONS

1. It is YOUR responsibility to let us know if your insurance company requires pre-certification for your surgery or procedure. We DO NOT check your eligibility or benefits, so if you have questions or concerns regarding coverage issues, deductible, or patient responsible amounts, you should call the number listed on your card. However, as long as you provide us with a recent and valid copy of your insurance card, we will file your insurance claims for you. If our office receives notification after filing that you are not eligible, you will be made responsible for the bill.
2. No food, drink, smoking or chewing tobacco after midnight the night before your surgery/procedure until you are released to do so the next day. If you are scheduled for pre-operative lab work, you DO NOT have to fast before that appointment.
3. Whenever you have your pre-admission appointment or phone call, the nurse will tell you what time you need to arrive at NRMC on the day of your surgery or procedure. She will also go over your medications with you and instruct you if you need to stop any of them prior to your surgery/procedure and whether or not you should take anything on the morning you are scheduled.
4. When arriving for your scheduled surgery/procedure, enter the hospital through the Main entrance on Pierce Street.
5. If you are on any medications, it is always in your best interest to take them with you to the hospital in their original containers on the morning of your procedure, as well as to your pre-admission appointment if you are scheduled for one.
6. **Do not take any prescription blood thinners for ONE WEEK prior to your surgery. Also, do not take any baby aspirin, aspirin, or products containing aspirin (Bufferin, Anacin, Excedrin, Darvon, etc.), ibuprofen or similar anti-inflammatories for one week prior as they have a similar blood thinning effect on the blood. You may, however, take Tylenol for pain relief up UNTIL the day BEFORE your surgery/procedure.**

**IF YOU ARE UNCERTAIN WHETHER YOUR MEDICATIONS MAY
CONTAIN A BLOOD THINNER, PLEASE CHECK WITH YOUR
PHARMACIST**

IF YOU HAVE ANY QUESTIONS, FEEL FREE TO CONTACT US AT 660-665-3267