

THE UROLOGY GROUP

www.urologygroupvirginia.com

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PREOPERATIVE INSTRUCTIONS

NAME: _____

DATE OF PROCEDURE: _____ TIME: _____

REPORT TO OUTPATIENT SERVICES AT: _____

PROCEDURE: _____

SURGEON: _____

The time of your procedure may be subject to change depending on the facility. If your scheduled time changes, the facility will contact you and let you know what your new time is and when to arrive.

Preoperative Testing

Preoperative testing (blood work, EKG, radiology studies) may be **required** for medical procedures at the hospital. Please register on the websites as listed below. The preoperative department will contact you if you need preoperative testing.

Let us know if you have heart problems, lung disease, or have had any cardiac procedures in the last year. You may require a Medical Clearance with your primary care provider or a Cardiac Clearance with a cardiologist.

You may require an Electrocardiogram (EKG) prior to your procedure. The EKG can be done with your primary care provider, cardiologist or at the hospital. **You are responsible for getting the EKG done prior to your procedure or your procedure may be cancelled. The EKG is typically valid for 6 months.**

Medications

Stop blood thinners such as Plavix and Coumadin 10 days prior to your procedure or as advised by the prescribing physician. Please consult the physician who prescribed the medication to make them aware and ask if any additional instructions.

Do not take aspirin or ibuprofen (Ibuprofen, Advil, Aleve, Nuprin, Motrin, Naprosyn, etc.) for at least one week prior to procedure. You may take Tylenol (acetaminophen). Stop Vitamin E, supplements and herbal medications one week prior to surgery.

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Prescribed medications for heart disease, high blood pressure and asthma should be taken prior to your procedure. All other medications, including diabetic medications, should be brought with you the day of surgery to be taken after your procedure.

Diet

Do not eat or drink anything (including water) after 12:00 midnight prior to surgery. This includes water, coffee, gum and candy. Medications for heart disease, high blood pressure and asthma should be taken with a tiny sip of water.

Clothing

Please wear comfortable, loose fitting clothing the day of surgery. Leave jewelry and valuables at home.

Transportation

A responsible **adult (18 years of age and older)** will need to provide transportation after your procedure. Surgical facilities **do not** permit patients to take taxis or any other public transportation after procedures.

Insurance

Please contact your insurance company directly for any questions regarding coverage or payment. Our office will obtain preauthorization from your insurance company; however, **preauthorization is not a guarantee of coverage or payment. It is your responsibility to determine if you have coverage.**

Locations

Inova Loudoun Hospital Center

44055 Riverside Parkway
Leesburg, VA 20176
Preoperative Department
Phone: (703) 858-6768

Reston Hospital Center

1850 Town Center Parkway
Reston, VA 20190
Preoperative Department
Phone: (703) 689-9005
www.restonhospital.com

Inova Loudoun Ambulatory Surgery Center

44035 Riverside Parkway, Suite 200
Leesburg, VA 20176
Phone: (571) 209-6465
www.loudounsc.com
Please register on the website

Reston Surgical Center

1860 Town Center Drive, Suite G 100
Reston, VA 20190
Phone: (703) 639-3100
www.restonsurgerycenter.com
Please register on the website

StoneSprings Hospital Center

24440 Stone Springs Blvd
Dulles, VA 20166
Preoperative Department
Phone: (571) 349-4600