

INSTRUCTIONS FOR SURGICAL PROCEDURE

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PLEASE READ AND FOLLOW THESE INSTRUCTIONS TO ENSURE YOUR VISIT GOES SMOOTHLY AND TO AVOID CANCELLATIONS.

BEFORE PROCEDURE

Preop Phone Call: A nurse from the Guam Surgicenter will call you 2 - 3 days prior to your procedure for your preop interview. You will be asked about your health, current medications, and be informed of your procedure date and time. You will be given an opportunity to ask questions and be answered by the nurse. Please have your medication list available during your interview.

Preop Testing: If required by our anesthesia provider, your surgeon may instruct you to get an EKG, lab work, and a medical clearance. Please obtain these as soon as possible so they can be reviewed prior to your surgery.

Empty Stomach: STOP eating or drinking anything, starting at MIDNIGHT prior to your procedure. This includes NO water, mint, candy, chewing gum, and betelnut. If your surgery is scheduled later in the day, the nurse may alter your fasting time requirements.

Smoking: STOP smoking cigarettes and/or vaping, starting at MIDNIGHT prior to your procedure.

Failure to follow these requirements, may result in the cancellation of your procedure and a cancellation fee.

Health Changes: Notify the Guam Surgicenter at 671-646-3855 and your surgeon's office if you cannot make it to your procedure due to changes in your health (such as a cold, fever or a family emergency). **Failure to notify us may result in a cancellation fee.**

PROCEDURE DAY

Medications: STOP taking your medications on the day of procedure UNLESS instructed by your doctor or nurse, refer to the BACK PAGE of this sheet for further instructions. Please inform your surgeon or nurse if you are taking any of these medications.

Hygiene / Attire:

Shower or bathe and brush your teeth before your surgery. please do not swallow the water. Wear loose and comfortable clothing such as loungewear, shorts, easy button-down shirts or blouses, and footwear that is comfortable, flat, and non-slip. You may want to bring socks to keep your feet warm. You may use your dentures, if you are required to remove it prior to your procedure, we will provide you with a container.

DO NOT wear makeup, fragrance, powder, body lotion/oils, hair products, or nail polish.

DO NOT wear your contact lenses, instead, wear your prescription glasses and bring its protective case for storage.

Valuables: Leave all valuables such as jewelry (e.g., nose rings, nipple rings, or metallic body art), and cash at home. We will not take responsibility for the loss or damage to the items.

Medical Devices: Bring any personal medical devices you use (e.g., inhalers, walker, wheelchair, crutches).

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Arrival: During your interview, you will be informed of your check-in time and you will be expected to arrive on time. We are located on the 1st floor of the Guam Medical Plaza in Suite 101. If your surgeon seems to be progressing with procedures quicker than planned, you may be called to come in earlier. Please keep your phone lines open.

On arrival, you will be instructed to change into a patient's gown, booties, and a hair cap. A bag will be given to you to store your belongings. You will be asked to sign a consent for the surgical procedure. If the patient is a minor, a parent or a legal guardian must sign the consent. The guardian or parent of a minor must stay in the center the entire time.

AFTER SURGERY

Driver / Responsible Adult: For your safety, you are **required** to have a responsible adult to drive you home and stay with you for the next 24 hours. Your procedure will be rescheduled until you are able to meet this requirement.

Your recovery nurse will verbally give you and your responsible adult discharge instructions. A copy of the discharge instructions will be given to you upon discharge. You may opt to receive these instructions before your surgery.

PLEASE INFORM YOUR SURGEON IF YOU ARE TAKING ANY OF THE FOLLOWING MEDICATIONS OR DRUGS.**Diabetic Medications**

STOP 1 WEEK before surgery, weekly injections – semaglutide (Ozempic, Wegovy), tirzepatide (Mounjaro, Zepbound), dulaglutide (Trulicity), Bydureon BCise

STOP 1 DAY before surgery, if taken daily – Rybelsus (semaglutide tablets), Byetta (exenatide), liraglutide (Victoza, Saxenda), Trulicity (dulaglutide)

STOP 3 DAYS before surgery – Jardiance (empagliflozin), Farxiga (dapagliflozin), Invokana (canagliflozin), Steglatro (ertugliflozin)

Appetite Suppressants

STOP 1 WEEK before surgery – Phentermine (Adipex-P, Lomaira) and related drugs

Blood Thinning or Blood Clot Reducing Medication

STOP 5 DAYS before surgery – Plavix (clopidogrel), aspirin 81 Mg (Ecotrin, Bayer)

STOP 3 DAYS before surgery – Eliquis (apixaban)

Recreational Drugs

STOP 3 DAYS before surgery – Marijuana, Crystal Methamphetamine (meth), Heroin

STOP 2 WEEKS before surgery – Ecstasy