

BAROLAT NEUROSCIENCE  
**PRE-SURGICAL PREPARATION INSTRUCTIONS**

**Date :**

**Time of Procedure:** You will be notified a few days prior to your surgery date by our office. If you do not receive a call, please contact our office at 303-865-7800.

Arrival Time to the AM ADMISSIONS DEPARTMENT at PSL: **TWO HOURS BEFORE TIME OF PROCEDURE.** This allows the nurses in the AM ADMISSIONS dept (on the western end of the main floor of Presbyterian/ St. Luke's Hospital) to organize your paper work , start your IV, order the antibiotic from the pharmacy, and perform any last minute labs, EKG's etc..

**\*\*\*IF YOU HAVE AN URGENT SITUATION ARISE PRIOR TO OR FOLLOWING YOUR SURGERY AND IT IS AFTER OFFICE HOURS/WEEKEND- DIAL OUR OFFICE AT 303-865-7800 and BYPASS THE RECORDING BY PRESSING 6 TO HAVE THE DOCTOR PAGED. \*\*\***

Once you receive your surgery date, if you are on **Plavix** , **Coumadin** or **Heparin** then you must discuss with your prescribing provider when to stop the drug prior to surgery. If you are on Coumadin you must have a normal INR or Protime documented prior to surgery.

**30 Days prior to Surgery:** This is the earliest that you can have your preoperative History and Physical (H&P) be performed by your provider of choice or by Paul Battle PA-C. It is preferred that you have this take place at our office by Paul Battle so that we have your H & P readily available. If you choose to have it done elsewhere, please be sure we receive it in our office *at least* two days prior to your date of surgery. Your physician may fax your H & P to 303-865-7804.

**14 days prior to Surgery:** Stop **All Aspirin and Aspirin-containing products** (including cardioprotective dosages 80-325mg), **Plavix** medicine usually prescribed for patients with coronary stents. In addition stop all herbal and other supplements that may interfere with the blood clotting mechanisms. See the list of herbal supplements that may conflict with anesthesia and clotting. This is also the first day that you can have your **preoperative blood tests done.** This can be done up to the day of surgery, but in case there are abnormal values it is *preferable* to have them drawn 10-14 days prior to surgery. If you have elected to have Paul do your H & P we will send you to the lab at PSL following your H & P appointment for your lab work or any additional tests needed.

**10 days prior to Surgery:** Stop all NSAID's: (Non- Steroidal –Anti-Inflammatory-Drugs) i.e. **Advil/Aleve/Naprosyn/Diclofenac except Celebrex.** Talk to your doctor who is prescribing your **Coumadin** if you are taking it to discuss discontinuing it and the need to use Lovenox or other short acting anticoagulant to protect against the risk of stroke or heart attack or blood clots.

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**7 Days prior to Surgery:** Report any **illness, fever** over 100.0, or **skin changes** involving the operative site. Make an updated list of medications that cause allergic symptoms such as rash, itching, respiratory difficulty, shock and any medications and your intolerance to them. Make a list of all your **current medications** and their **dosages**. Update your medical history if there are any changes since your Preoperative History and

Physical. Start a bowel management program to keep your bowel movements regular and soft. Insure that you are drinking at least 8 glasses of fluid per day. You may use Colace or Pericolace 100 mg twice a day and Milk of Magnesia 30cc per day as needed. Excessive straining with bowel movements can cause increased pressure in the spinal canal where the electrode will be located. This may cause overstimulation. Do not have any **dental or contaminating procedures (colonoscopies, prostate biopsies, etc.)** within 7 days of the procedure.

**3 days prior to the Surgery:** scrub the surgical site area with Hibiclens that we dispense or similar antimicrobial agent. Wash with it daily after you have used your regular soap in the shower. Use it again the morning of surgery.

**1 day before Surgery:** Take your normal medications and stop eating all food after midnight. You may have **clear liquids up to 4 hours prior to surgery**. It usually is better to avoid any fluids the day of surgery in case there is a cancellation and your surgery is moved up to an earlier start time. Clear liquid examples are sprite, water, apple or cranberry juice, tea/coffee without anything added. No gum or candy is included in this time frame of fasting. If you have something in your stomach and vomit from narcotics or the anesthetic you can aspirate the stomach contents causing a severe **pneumonia** or **death**. If you violate these guidelines then your **procedure will be cancelled** for your safety.

**Day of Surgery:** **Do not** take your **Insulin or Diabetes pills** unless instructed by your physician. This could drop your blood sugar to dangerous levels since you are fasting. You may take your pain medicines, blood pressure medicines, and heart medicines and any other medicine that require steady blood levels with a sip of water. If you are an active asthmatic then we recommend you take two puffs of your inhaler prior to coming to the hospital.

*You must be driven to and from the hospital by someone other than yourself.* No smoking is allowed in the hospital area, and to prevent pneumonia and reduce risk of infection, you should stop smoking at least 24 hours prior to the procedure. You may consider nicotine patches if you are physically addicted to cigarettes to prevent withdrawal symptoms.

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**Herbal and other supplements** that may interfere with your anesthesia or clotting:

St. Johns Wart	Vitamin E ( check your multivitamin)
Yohimbe and Licorice Root	Fish Oil, Flaxseed Oil
Gingko Biloba	Ephedra or Ma Huang
Ginger, Garlic, Cayenne, Bilberry	
Ginseng	
Melatonin	
Echinacea	

When the preop on the second floor is ready, they will send for you to be brought up to the preop area. In the preop area, you will be speaking with the stimulator company representative about the testing procedure in the operating room. You will also be interviewed and examined by the anesthesiologist to insure you understand the type of anesthesia you will receive and review your medical history and medicines. Typically when you are having leads placed under the skin only (percutaneous, subcutaneous) you will only need sedation. You will not be required to stay in the hospital. On the other hand, if you have a spinal cord stimulator, you will have a general anesthetic and be required to stay overnight. This is to observe you for any postoperative complications such as bleeding or neurological changes.

If you have any additional questions, please do not hesitate to contact our office at 303-865-7800.

Thank you and good luck on your surgery!!