**PRE-PROCEDURE PATIENT INSTRUCTIONS**

**DAY\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TIME – CALL THE FACILITY THE DAY BEFORE, BETWEEN 2PM-4PM, FOR YOUR APPOINTMENT TIME**

\_\_\_\_\_\_ Monmouth Medical Center \_\_\_\_\_\_Shrewsbury Surgical Center

\_\_\_\_\_\_ Toms River Surgical Center \_\_\_\_\_\_Specialty Surgery of Middletown

\_\_\_\_\_\_ SurgiCare of Freehold \_\_\_\_\_\_University Center for Ambulatory Surgery

\_\_\_\_\_\_Manalapan Surgery Center **Addresses and Phone Numbers are attached**

1. **DO NOT EAT** anything at least **8 hours** before your block. Come with an empty stomach. **Please do not chew gum or suck on any candy.** It is okay to drink clear liquids only up to **6 hours** before your block (water, apple juice or ginger ale). **Please** **NO tea or coffee (regular or decaf).**
2. Continue to take any other medications, such as blood pressure pills, seizure medications, asthma medications, etc. as you usually do, up until and including the morning of your procedure. You may take these medications the morning of the block with a small sip of water.
3. **Hold aspirin 6 days before your procedure. If you are on Naprosyn or meloxicam, hold these medicines 4 days before your procedure. If you are on ibuprofen or Motrin, hold these medicines one day before your procedure. Hold any other anti-inflammatories 4 days before your procedure. Acetaminophen is acceptable**.
4. **If you have any bleeding problems or are taking any blood thinners, such as- Coumadin, Pradaxia, Xarelto, Plavix, Lovenox or Heparin- let us know now. You will need to consult your internist or cardiologist to coordinate a plan of care.**
5. **Do not eat garlic 7 days before your procedure. If you take ginkgo biloba hold this for 36 hours before your procedure.**
6. If you are **DIABETIC,** you need to let us know and we will schedule your procedure early in the morning. Take 1/3 of your long acting insulin the morning of your procedure only. Do not take any oral diabetic medications on the day of your procedure before your procedure.
7. **IF YOU ARE PREGNANT OR TRYING TO GET PREGNANT, YOU MUST INFORM THE DOCTOR IMMEDIATELY.**
8. You should have an escort to drive you home due to the nature of the procedure. **THIS IS MANDATORY If YOU ARE RECEIVING SEDATION.** The driver must meet you in the Center to escort you to the vehicle. They cannot wait for you in the car.
9. **You might require pre-procedure blood work** if your procedure is a Discography, Discectomy or Spinal Cord Stimulator. If your doctor gave you a prescription for blood work, the results must be sent to this office no later than 1 day prior to your procedure.
10. **IF YOU ARE HAVING A DISCOGRAPHY,** you will be given a prescription for a post-discography CT-SCAN. Please go there immediately after the Discography. They are expecting you.
11. **IF YOU HAVE A PACEMAKER OR PACER/DEFIBRILLATOR, TELL THE DOCTOR IMMEDIATELY.**

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE AT 732-720-0247**

**FACILITIES**

**SHREWSBURY SURGICAL CENTER 732-450-9017**

**655 Shrewsbury Avenue, Shrewsbury, NJ 07702**

GS Parkway to exit 109 – turn onto Route 520 East – at 3rd light (from Parkway North) or 4th light (from Parkway South), make a right onto Shrewsbury Avenue – at 3rd light, make a left into 655 Shrewsbury Avenue.

**MONMOUTH MEDICAL CENTER, AMBULATORY SURGICAL CENTER**

**300 Second Avenue, Long Branch, NJ 07740 732-923-6514**

GS Parkway to exit 105 onto Route 36 East – at 6th or 7th light, make a right onto Broadway. Take Broadway down until McDonald’s comes up on the left. At that light, make a right onto Third Avenue – Monmouth Medical Center is all the way down on the left. (Across from Long Branch Train Station).

**TOMS RIVER SURGICAL CENTER 732-240-2277**

**1430 Hooper Avenue, Toms River, NJ 08755**

GS Parkway to exit 82 onto Route 37 East. After 2nd light, take jug handle to Hooper Avenue North. At 6th light, take jug handle and turn left onto Indian Hill Road. Building is on the right. 3rd Floor. (1 mile north of Ocean County Mall)

**UNIVERSITY CENTER FOR AMBULATORY SURGERY 732-748-1117**

**2 World’s Fair Drive, Suite 301, Somerset, NJ 08873**

**SURGICARE OR FREEHOLD 732-303-1616**

**901 West Main Street, Ambulatory Campus Building B, 3rd Floor, Suite 302, Freehold, NJ**

**SPECIALTY SURGERY OF MIDDLETOWN 732-671-5555**

**1270 Route 35, Suite 3, Middletown, NJ 07748**

**MANALAPAN SURGERY CENTER 732-617-5990**

**50 Franklin Lane, Suite 101, Manalapan, NJ 07726**