

## Prep List

- My check in time is \_\_\_\_\_  
(Please follow any prep instructions given by your surgeon's office)
- I need to stop eating at \_\_\_\_\_  
(Your procedure could be delayed or cancelled if you do not follow the recommended time to stop eating or drinking. \*Gum, candy and mints are considered food)
- I need to stop drinking at \_\_\_\_\_  
(Restrictions vary with each case. Clear liquids: water, black coffee or tea (no cream or sugar), apple juice or Gatorade)
- Medications that are okay to take the morning of my procedure \_\_\_\_\_  
(Pay particular attention to special instructions for blood thinners and diabetic medications)
- My driver/escort to take me home \_\_\_\_\_  
(Please have a responsible adult drive you home as you will have medications in your system that will hinder your ability to drive. \**KNOW YOUR ESCORTS CONTACT INFO*)
- Supplies I need to bring with me \_\_\_\_\_  
(Wear clothing that is easy to put on and will fit over dressings/casts, etc.)
- How I will get my prescriptions filled after surgery \_\_\_\_\_  
(Narcotic prescriptions must be brought into the pharmacy. Ask about Cabrini pharmacy)
- ❖ *FOR OUR ADDRESS, PARKING AND OTHER FREQUENTLY ASKED QUESTIONS, VISIT US AT:  
[HTTPS://FIRSTHILLSURGERYCENTER.COM/](https://firsthillsurgerycenter.com/)*
- ❖ *IF YOU HAVE FURTHER QUESTIONS, PLEASE CONTACT YOUR SURGEON'S OFFICE OR YOUR  
FIRST HILL SURGERY CENTER PREOPERATIVE TEAM AT 206-320-7750.*

Thank you for allowing us to be a part of your team.