

Pre-Procedure Instructions for AMC Specialty Procedure Center

You are scheduled for a procedure on: _____

Your doctor's name is: _____

Time of Surgery: _____

If you have not received a phone call the week before your procedure, call 720-848-1970 or 720-848-1980 on the Friday afternoon before your procedure, from 2 to 4 pm, to find out the time of your procedure.

Procedure Location:

On the day of your procedure, report to the Ambulatory Specialty Procedure Center to check-In. We are located on the 1st Floor of the Anschutz **Inpatient** Pavilion (Anschutz Medical Campus). Check-In and entrance to AMC Specialty Procedure is on the east side of the Inpatient Pavilion.

If you become ill before your procedure (cold, fever, upset stomach, etc.) or if you have questions, call 720-848-0000 and ask for the resident for the Gynecology Service. You may also call 720-848-1970 or 720-848-1980 and leave a message stating the problem.

Instructions before your Procedure

ONLY for IV Conscious Sedation:

- Do not eat or drink in any solid food, milk or creamer products after **midnight** the night before your procedure, **unless otherwise instructed**.
- Up until **4 hours before** the time of your procedure, you may continue to drink **ONLY** clear liquids. **The ONLY acceptable clear liquids** during this time include:
 - Water
 - Soda or Gatorade
 - 8 ounces of **black** coffee or tea (no milk, creamer or non-dairy creamer)
 - Juice that you can see through (apple, cranberry, no pulp). **No orange juice!**
- Starting **4 hours before** the time of your procedure, stop all liquids, chewing gum and hard candy.
- **TAKE only the medicine you have been instructed to take**
- **DO NOT** smoke, chew tobacco, use e-cigarettes, cannabis vapor gas, or recreational drugs the day of your procedure. No marijuana products for 24 hours prior to the day of procedure. **University of Colorado Hospital is a nonsmoking facility.**
- **To lower your risk of infection after your procedure,**
 - Shower with antibacterial soap for three days before your scheduled procedure.
 - Do not shave or have any hair removal at surgical site for three days before scheduled procedure.
 - We encourage the use of clean towels every shower, clean bed sheets and clothing.

Please follow these instructions strictly. This will avoid unnecessary discomfort, delays or possible cancellations for yourself during and after your procedure.

Other Special Instructions

- Wear clean, loose fitting clothing that will be comfortable and easy for you to put on following your procedure.
- **DO NOT** wear jewelry (including wedding rings) and remove all body piercings. Make arrangements for all body jewelry that requires a device for removal.

- Wear your glasses instead of contacts. Bring a case for your glasses or hearing aids.
- **DO NOT** wear make-up (especially eye make-up or lipstick), perfume or lotion especially on your face or the surgical site.
- Bring your CPAP or Bi-Pap mask if you have sleep apnea.
- On the day of your procedure, you may brush your teeth but spit out the water.
- Please allow extra time for parking. Park in front of the Anschutz **Outpatient** Pavilion. FREE valet parking available if you are not able to find a parking space quickly or wish to use this service.
- **For patients being discharged the day of the procedure, you must have a responsible family member or friend to take you home and stay with you overnight.** Arrange for a ride in advance.
 - Driving a car, operating machines or appliances, making major decisions, alcohol and marijuana should be avoided for 24 hours after having **IV Conscious Sedation**.
 - The parent/guardian of pediatric or special needs patients must remain with them at all times in the hospital and for 24 hours after the procedure. We encourage you to bring another adult to help during the drive home. **DO NOT** bring other children.
 - Please bring your insurance card and a photo ID. Bring your pharmacy card, if you have one.
 - Please bring a method of payment for your copay or prescriptions. If you have concerns about your insurance or copay, please call Insurance Verification at 720-848-7891 (between 10 a.m. and 4 p.m.) 1 to 2 business days before your surgery. Give your name and date of procedure and they will verify your insurance information and approvals.