

## Final Preoperative Instructions

Once you have completed all the necessary pre-operative requirements as requested by your surgeon and the results have been received and reviewed, you may now begin discussing scheduling a surgery date.

Please call to speak with one of our schedulers, Cheryl Palony (Dr. Ikramuddin or Dr. Andrade) or Desi Schieber (Dr. Kellogg or Dr. Leslie) to schedule your surgery.

**My Surgery Date:** \_\_\_\_\_

**My Surgery Time:** \_\_\_\_\_ **Arrive 3C:** \_\_\_\_\_ (2 hours before surgery)

### Pre-Admission Testing:

**My Pre-Admission Testing Date:** \_\_\_\_\_

Location: Pre-Admission evaluation in our clinic is scheduled approximately 2 weeks prior to your surgery date. Blood tests, urinalysis, and a weight check on our scale to assess weight loss goal will be done. Some of your labs are required to be fasting, so please have **nothing to eat or drink after midnight the night prior**.

### Routine Preoperative Primary Care Evaluation:

Schedule an appointment with your primary care provider **AFTER** you have a surgery date. The preoperative history and physical must be completed and faxed to our office fax within 7 days of your surgery.

### Preoperative History and Physical and evaluation

#### Medications:

- **STOP** Aspirin, Ibuprofen (Motrin, Advil), NSAIDS (Aleve, Relafen) and gout medications (indomethacin, colchicines) **7 days** prior to surgery.
- **STOP** Glucosamine +/- Chondroitin **7 days** prior to surgery.
- **STOP** Vitamin E, Ginseng, St. John's Wort, Black cohosh, garlic, and all other herbal supplements **7 days** prior to surgery.
- **STOP** Coumadin **5 days** prior to surgery (or earlier if your primary care physician recommends this.)
- **STOP** Glucophage/metformin **2 days** prior to surgery.
- **DO NOT take** water pills/diuretics (Lasix/furosemide, Hydrochlorothiazide, Aldactone/spironolactone, Diovan HCT) on the day of surgery.
- **DO take** blood pressure medications (antihypertensives) and heart medication on the day of surgery with a sip of water.
- **DO take** anti-depressant medications on the day of surgery with a sip of water.
- Insulin doses should be adjusted prior to surgery while on clear liquids and the morning of surgery. Please consult your endocrinologist or Primary Care Physician for appropriate dosing instructions.

If you have any concerns, contact our office.

**Minimally Invasive Weight Loss Surgery Center at University of Minnesota Medical Center, Fairview  
420 Delaware Street SE, MMC 290, Minneapolis, MN 55455**

**Prior to Surgery:**

You will be on only clear liquids for 2 days prior to your surgery. You will drink one bottle of magnesium citrate (300 mL or 10 ounces) in the morning in the day before surgery. You should NOT consume any dairy products or red Jell-O. Please refer to the Clear Liquid Diet list below.

Do not have anything to eat or drink after midnight the night prior to your surgery EXCEPT your usual morning dose of heart and blood pressure medications and antidepressant medications with a sip of water.

The nurses from the same day admission center (3C) should call you two days before surgery to review your pre-surgical instructions. If you have not heard from them, please call 612-273-3067 to find out where you will need to go and at what time. If your surgery is on a Monday, please call on Friday before surgery if you have not heard from the 3C nursing staff.

**Day of Surgery:**

You will present to the Same Day Surgery Admitting area (station 3C) 2 hours before surgery. This is located at the University of Minnesota Medical Center-Fairview on the East Bank of the University of Minnesota-Twin Cities campus. The hospital main number is (612) 273-3000, and the phone number for the post-operative surgery floor (7B) is (612) 273-3072.

**For your safety and comfort, you must follow these pre-surgery instructions:**

- Do not eat or drink anything after midnight the night prior. (This includes gum and hard candy)
- Do not drink any alcoholic beverages during the 48 hours before your surgery.
- Brush your teeth without swallowing.
- Do not wear contact lenses
- Do not bring valuables or wear jewelry. All jewelry must be removed before going to the operating room. Bring the case in which you place your eyeglasses or contact lenses; using the case will help prevent loss.
- Wear little or no makeup and remove all colored nail polish.
- Wear casual, comfortable, loose-fitting clothing.
- You will be asked to remove your dentures before surgery. They will be placed in denture cup and returned to you after surgery. Please leave partial-plate dentures at home.
- Bring to the hospital a list of your allergies and the doses of all current medications.
- Arrange for a responsible adult to drive you to and from the hospital. You will not be permitted to drive home after your surgery.

<p><b>Surgeons:</b> Sayeed Ikramuddin, MD Todd A. Kellogg, MD Daniel B. Leslie, MD Rafael Andrade, MD</p> <p><b>Physician Assistant:</b> Kristi Kopacz, PA-C</p> <p><b>Nurse Practitioner:</b> Donna Schneider, MA, CRNP</p>	<p><b>Dieticians:</b> Joyce Schone, RD, LD 612-273-4860 Danielle Lausted, RD, LD 612-273-4991 Danielle Falk, RD, LD 612-273-9221</p> <p><b>Nurse Coordinators:</b> Bridget Slusarek, RN, BSN 612-273-1902 Kate Vierling, RN, BSN 612-273-2607</p> <p><b>Triage Nurse:</b> Kay Klemme, RN 612-626-4117</p>	<p><b>Phone Numbers:</b></p> <p>Office Fax 612-625-3206 Clinic Scheduling 612-626-6666 Surgery Scheduling Desi Schieber 612-624-6671 Fairview Information 612-273-3000 Nurse Line 612-626-6666 Cardiovascular 612-625-3600 Pulmonary 612-273-5000 Sleep Center 612-273-3396</p>
--	---	---

**Preoperative Clear Liquid Diet**

<b>Food Groups</b>	<b>Foods Allowed</b>	<b>Foods Not Allowed</b>
<b>Beverages</b>	Water, regular or decaffeinated tea/coffee, apple or white grape juice	All others including nectars, milk, cream, cocoa, prune juice, juices with pulp (orange juice) tomato and vegetable juices, colas, coffee, alcoholic drinks
<b>Soups</b>	Bouillon or soup broth, consommé	All others; absolutely no soups with red dye or coloring; no cream soups
<b>Desserts</b>	Jell-O, ices, popsicles (may not have red color)	All others; absolutely no desserts with red dye or coloring such as red Jell-O

**Sample Menu**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
8 oz Tea	12 oz. Gatorade <sup>®</sup>	6 oz apple juice
½ C artificially sweetened Jello	4 oz Water	1 Sugar free popsicle
6 oz. Vegetable Broth	6 oz. Beef Broth	6 oz. Chicken Broth
4 oz Water	8 oz. decaffeinated tea with lemon and Equal <sup>®</sup>	8 oz. decaffeinated tea with Splenda <sup>®</sup>