

HEMET PAIN & WELLNESS INSTITUTE

1264 East Latham Ave, Hemet CA 92543
28975 Old Town Front Street #200, Temecula CA 92590
Phone (951)925-3600 • Fax (888)491-6419

HEMET HEALTHCARE SURGICENTER PROCEDURE INSTRUCTIONS

1. **Nothing to eat or drink after midnight.**
2. Take your regular medications the morning of your procedure with small sips of water. (**See exceptions**). Please bring a list of your medications.
3. **Diabetic Patients:** do not take your oral diabetes medications the morning of the procedure, as you will be fasting. If you take insulin, take half of your usual dose of long-acting insulin in the morning, and do not take short-acting insulin in the morning. If you feel that your blood sugar is too low (for example, you feel palpitations, lightheaded, nausea, etc.), **drink juice and eat immediately.**
4. **If you are on coumadin, plavix, Eliquis, pradaxa, savaysa, ReoPro, aggrenox, persantine, ticlid, aggrestat, or any other blood thinners, you will need to hold these medications** to safely proceed with your procedure. Please discuss this with your pain clinic provider. Do not hold these medications unless this has been cleared by your PCP (or your cardiologist/neurologist if you have one).
5. **Do not take any NSAIDs** (Non-steroidal Anti-inflammatory Drugs, such as ibuprofen, naproxen, etodolac, indomethacin, aspirin and celebrex) for 5 days prior to your procedure.
6. If you have an infection or are on antibiotics, please let us know prior to the day of the procedure, as we will likely need to reschedule you.
7. You must have a responsible adult drive you home. Make sure they are available all day, and please arrange this prior to the day of your procedure. If you are using transportation through your health insurance, you will need to schedule door-to-door service.
8. Please leave all jewelry and valuables at home.
9. Shower or bathe before your procedure. Please no perfume, lotion or oils.
10. We will call you the day before your procedure to confirm the time you should arrive at the surgery center. It is sometimes necessary to make changes to the schedule. You should plan to be at the surgery center for at least two to three hours. Occasionally, there are longer wait times due to circumstances beyond our control, and we sincerely apologize if this happens to you.

*The Hemet Healthcare Surgicenter's address and phone number are:
301 North San Jacinto Suite 101, Hemet CA 92543
(951) 765-1717*

1st procedure date: _____ Arrival time: _____

2nd procedure date: _____ Arrival time: _____

3rd procedure date: _____ Arrival time: _____