

1. You are required to have someone drive you home from the Center the day of your procedure/surgery. If transportation is an issue, please call the Center at least 2 days prior to your surgery date at (302)777-4800, as you will need to reschedule.
2. Please make arrangements to have a responsible adult (18 years or older) to care for you during the first 24 hours after your procedure/surgery.
3. If you have Power of Attorney (POA), he/she **must** be present on the day of your procedure/surgery. If your POA is unable to be present, contact the Center prior to your procedure/surgery date. We will need their name and a valid phone number. Please bring a copy of POA papers with you the day of your procedure/surgery.
4. A nurse from the Center will contact you via telephone about 2-3 weeks prior to your procedure/surgery. This call is to review your medical history, allergies and medications.
5. **If you are prescribed weight loss, diabetic or blood thinning medications please call the center to speak with a nurse as soon as possible.**
6. 48 hours prior to your surgery date:
  - A. A nurse from the Center will call you two days before your procedure/surgery to go over any last-minute questions, reminders and to provide your arrival time.
  - B. Do not drink or eat anything after **midnight** of the night before your surgery - including gum, candy, mints, cough drops or a glass of water.
  - C. No smoking or vaping after **midnight**.
  - D. **If you have any signs or symptoms of feeling ill, please contact the center immediately.**
7. The day of the surgery
  - A. Dress in loose, comfortable clothing.
  - B. Do not wear makeup, nail polish, jewelry, hairspray, lotion or perfume of any kind.
  - C. Please leave all valuables at home.
  - D. Do not wear contacts and bring your glasses, if applicable.
  - E. A nurse will review which medications you may take the morning of your procedure/surgery. If instructed to take any medications, please only take it with a **small** sip of water.
  - F. Bring: Insurance card(s), a Photo ID and a form of payment (if applicable).

**We look forward to seeing you the day of your procedure/surgery!**

Sincerely,



Ashley Hutson, BSN, RN, CBN, Director of Nursing