

PLEASANTDALE AMBULATORY CARE, LLC

INSTRUCTIONS FOR PATIENTS/RESPONSIBLE PARTY

1. Bring your insurance card **and** your photo ID with you.
2. Do not eat or drink **anything** after midnight the night before your surgery. NO GUM, NO CANDY, NO WATER
3. **If you are taking Plavix or aspirin that was prescribed by a physician, please call the doctor performing your procedure to ask him/her if this will interfere with your scheduled procedure.**
4. Do not take any non-prescription aspirin, aspirin-like medications (i.e., Ibuprofen/Motrin/Advil and Naproxen/Aleve), vitamin E, fish oil, or herbal supplements for 1 week before your surgery unless your doctor tells you otherwise.
5. Do **not** take diuretics (water pills) or oral hypoglycemics (diabetes pills) the day of the surgery unless your doctor tells you otherwise.
6. **If you are an insulin dependent diabetic please call your physician for your diabetic medication instructions.** If you are unable to get prior insulin instructions from your physician then you should not take regular insulin on the morning of your procedure and you should only take ½-2/3 of your dose of intermediate to long-acting insulin.
7. If you have an insulin pump, ask your physician **when** to turn it off before the procedure (to stop the administration of insulin while not eating).
8. **Take your blood pressure and heart medication, thyroid medication, seizure medication and asthma medication (bring all inhalers with you) on the morning of your surgery with a little sip of water.**
9. Alcohol and smoking should be continued at present levels unless discontinued one month prior to procedure.
10. Bring all medications that you will need for the day with you.
11. Do not wear make-up or jewelry.
12. **Please take your shower the evening before or the morning of your surgery, but do not put moisturizers or lotion on your skin. When showering, please pay special attention to your operative area and areas where perspiration is more likely.**
13. Leave all of your valuables at home. You may wear your wedding ring unless hand surgery does not allow it.
14. Do not wear contact lenses, but bring your eyeglasses with you.
15. Wear loose comfortable clothing, preferably with a button down shirt.
16. Wear flat comfortable shoes.
17. Take any PRE-MED, Antibiotic prophylaxis or prep that is ordered for you.
18. Please limit friends or family members who accompany you to 1 person.
19. **Please have a responsible person drive you to the Surgery Center and drive you home again as the law does not permit you to drive for 24 hours after you have had anesthesia.**
Make arrangements for someone to stay home with you on the day of your surgery for at least 12 hours as this is a law in the State of New Jersey.
20. If your surgeon has ordered you to get medical clearance from your Primary Physician, please have this done in time before you come in for your surgery.
21. Please make sure that you have had your blood work, chest x-ray, EKG and any other tests that are ordered by your surgeon or your primary Physician done before you come in for your surgery.
22. If you are going to need crutches after your surgery and you have them, please bring them with you. Many times you can rent them from your pharmacy or local medical supply store for a minimal fee.

I have reviewed the above instructions with the patient and/or family members or guardian.

SIGNATURE OF INTERVIEWER:

DATE:



PLEASANTDALE AMBULATORY CARE

61 D Main Street • West Orange • NJ 07052 • Tel: (973) 324-2280 • Fax: (973) 324-2285

Online Pre-Procedure History Instructions

Welcome to Pleasantdale Ambulatory Care, LLC. We are very pleased that you and your physician have chosen our facility for your upcoming procedure.

To start the pre-procedure assessment process, Pleasantdale Ambulatory Care request that you fill out your medical history online with *Online Medical Passport*.

We recommend that you enter your medical history online **as soon as your surgery/procedure has been scheduled**. Once you do this, our Pre-procedure Assessment nurse will be able to access the information you entered online. This information will assist the nurse in organizing and documenting your complete medical history to prepare for your surgery/ procedure.

To begin your online Assessment,

- 1) Go to our website: www.ascwo.webs.com
- 2) Accept the Terms of Use and click **"Register"**
- 3) Select the option to **"Create a Medical Passport for a Medical Facility and Physician"**
- 4) Select the state (**NJ**), select **Pleasantdale Ambulatory Care, LLC**
- 5) Complete the registration and medical history screens
- 6) Click Finish to submit your Medical Passport to our facility

Be sure to have the following information available before starting your *Medical Passport*.

- Your health insurance information.
- The names addressed and phone numbers of your physicians.
- A list of all medications you're are taking, their dosage and frequency.
- A list of procedures/surgeries you have ever had and their approximate dates.

NOTE: if you are not able to complete your history online, please call our Preop nurse between 7:00AM and 4:00PM at (973) 324-2280 Opt. #3 as soon as possible to complete your health history. You will still need to have the above information available when you call. Please allow 20-30 minutes for this call.

About One Medical Passport

Completing a *One Medical Passport* medical history online is easy. For most patients, filling out the entire questionnaire takes less than 30 minutes. Please fill out the questionnaire accurately, and be assured that all of your information is kept confidential and will be thoroughly reviewed by your medical team. At anytime, you can quit filling out the questionnaire and come back and complete the unfinished portion at a more convenient time.

One Medical Passport is a website that allows you to enter your information at anytime from anywhere. You can also print out a copy of your medical history after you create it online and keep it with you or with your health care documents, as well as have access to it online anytime you need it or want to update it.