



Pre-Admission Instructions:

- **One Medical Passport:** Please log on to One Medical Passport to enter your medical history information. This will give you a quick and secure way to send your health information to us. You *may* receive a phone call if our Pre-Surgical Teaching (PST) registered nurse has any additional follow-up questions or instructions.
- You may access One Medical Passport’s site by clicking on the “Complete Your Medical History” button on the homepage of our website: <http://www.peak1asc.com>, or go to www.onemedicalpassport.com

Pre-Admission Instructions for Surgical Patients

Receiving Anesthesia

- Please complete the pre-surgery Hibiclens cleansing showers/baths – see instruction sheet **Pre-Surgery Body Cleaning Instructions**. For the best results the frequency for bathing must be once a day, for 3 days prior to surgery, and the morning of surgery. This will get your skin ready for surgery to help decrease chances of infections after surgery.
- **Bring a photo ID** (minors do not need ID, but primary insured party does need to bring theirs), **your insurance card**, and your **form of payment if required** (if you have a co-pay or deductible amount due).
- **Bring your folder** if your surgeon gave you one in the office.
- **Do not eat or drink anything**, including water, hard candy, chewing gum, breath mints or chewing tobacco **after midnight** the night before your surgery, unless otherwise directed.
- **It is okay to shower and brush your teeth** the morning of your surgery.



- **Wear loose, comfortable clothing.** If you are having a shoulder surgery, please wear or bring a large button down shirt for after surgery. Sleeves, legs and waistbands should be loose enough to fit over bandages.
- **Leave all your valuables at home or with your family** – including wallet, money, jewelry, and laptops. We cannot be responsible for their safety.
- **Please remove all metal piercings and jewelry.**
- **Bring a case for your contacts, glasses and dentures.**
- **Bring your post op pain medication with you**, if possible.
- **Bring inhalers** with you if you have asthma or emphysema.
- **Bring your CPAP or mouth piece** if you use one at home for sleep apnea.
- **If you take insulin**, bring your insulin and syringes with you.

- **Do not wear any lotion or makeup** on your face or body the day of your surgery.
- If you have a **latex allergy** or if you think you **may be pregnant**, please call the surgery center as soon as possible at (970) 668-1458.
- **If you have a history of MRSA (an antibiotic-resistant infection) or TB (tuberculosis)** please call the surgery center and talk to the PST nurse as soon as possible. (970) 668-1458.

- **Do not take any medications containing aspirin, vitamin E, fish oils, omega fatty acids, herbs, or weight loss products** for at least seven (7) days prior to the procedure. If you have taken any of these, please inform your surgeon as soon as possible.
- **If you take blood thinning medications for your heart**, like Aspirin, Coumadin or Plavix, contact your cardiologist or primary care physician for guidance regarding when you should stop and restart your medication.
- **A responsible adult must accompany you to the surgery center and be available to both drive you home and stay with you through the night.** Parents of children absolutely cannot leave while their child (minor) is at the facility - they must remain in the waiting area.



- **You may not take a taxi, bus or any form of public transportation** home by yourself – you may do so only if you have a responsible adult with you.
- **Peak One Surgery Center does not provide crutches.** If you are having leg, knee, ankle or foot surgery, your surgeon may require crutches. If so, please arrange to have them prior to your surgery and bring them with you to the Preop area so we may ensure proper fit and use. Some local stores offer crutches for purchase, such as City Market, King Soopers, Walmart, Target, and Walgreens. You may also try your local community service organizations such as a Senior Center or Goodwill.
- **If your surgeon pre-arranged for any durable medical equipment** - such as an ice machine, brace, boot or sling – bring these with you.
- Call your surgeon’s office **if you develop a cold, sore throat, fever or any other illnesses** that occur within a few days of your surgery.
- Feel free to bring reading material or your own digital music and headphones.
- **If you have any questions regarding your procedure, please contact your surgeon's office or the Peak One Surgery Center at 970-668-1458.**

Pre-Admission Instructions for Surgical Patients

Receiving **NO** Anesthesia

All the above guidelines remain the same, except for the following changes:

- **It is okay to eat and drink the day of your surgery.** Please do not have a heavy meal just prior to arrival.
- **You may drive yourself home after the procedure.** A responsible adult does not need to accompany you to the surgery center.
- **You may take a taxi, bus or any form of public transportation** home by yourself.



Pre-Admission Instructions for Pain Patients

- **If you ARE having conscious sedation**, do not eat anything 6 hours prior to your arrival time, or drink anything (including water) 3 hours prior to your arrival time.
- **If you ARE having conscious sedation, a responsible adult must accompany you** to the surgery center and be available to both drive you home and stay with you the rest of the day. You may not take a taxi, bus or any form of public transportation home by yourself – you may do so only if you have a responsible adult with you.
- **If you are having a low back injection**, wear loose fitting elastic waist pants. Do not wear jeans or any pants with metal around your waist area. Remove belly piercings.
- **If you are having a neck injection**, do not wear any metal earrings or necklaces.
- If you have a **latex allergy** or if you think you **may be pregnant**, please call the surgery center as soon as possible at 970-668-1458.
- **Do not take Metformin (Glucophage)** the day before, the day of, or the day after your procedure. Notify Peak One Surgery Center PST if you are on insulin.
- **Do not take aspirin, vitamin E, Fish Oil or Omega Fatty Acids for 7 days** prior to your procedure. If you have taken any of these, please inform your physician as soon as possible
- **Do not take NSAIDS** (non-steroidal anti-inflammatory drugs) like Ibuprofen or Aleve **for 3 days** prior to your procedure. If you have taken any of these, please inform your physician as soon as possible.
- **If you take blood thinning medications for your heart**, like Aspirin, Coumadin or Plavix, contact your physician and cardiologist for guidance regarding how long you should stop your medication prior to your procedure.



- **Continue taking all your prescription medications**, even the morning of your procedure, unless otherwise directed. If you are still not sure what to do about any medications, refer to your packet or call the physician's office.
- **Bring a photo ID** (minors do not need ID, but primary insured party does need to bring theirs), **your insurance card** (if appropriate), and your **form of payment** (if required).
- **If you have any questions regarding your procedure, please contact your physician's office or the Peak One Surgery Center at 970-668-1458.**

Pre-Surgery CHG body cleansing: INSTRUCTIONS

Getting your skin ready for surgery is extremely important! To do this, one must cleanse your skin with CHG. This is a special chemical found in soaps such as Hibiclens and other brands. First, purchase the 4% Hibiclens at any pharmacy (Walmart, City Market, etc). Second, preparation is to gather clean, freshly-laundered washcloths, towels and clothes for each shower. Before using, read all instructions!

Frequency for bathing must be once a day, for 3 days prior to surgery, & the morning of surgery for the best results!

Steps for showering or bathing with the CHG/4% Hibiclens : If allergy reactions occur, stop using.

1. Wash and rinse your hair, face, and body using your normal shampoo and soap.
 2. Make sure you completely rinse off in a very thorough manner.
 3. Turn off the shower, or step out of the bathwater.
 4. Pour a quarter size amount of liquid CHG/Hibiclens soap onto a wet, clean washcloth, and apply to your entire body FROM THE NECK DOWN. Do NOT use on your face, hair, or genital areas.
 5. Rub the soap filled washcloth over your entire body for 3 minutes; apply more soap as needed (1/4 of bottle should be used with each of the 4 showers/cleansing). Avoid scrubbing your skin too hard.
 6. Turn on the shower/return to the bath, & rinse the soap off your body completely with warm water.
 7. Do NOT use regular soap after washing with the Hibiclens.
 8. Pat your skin dry with a freshly-laundered, clean towel after each shower/bath cleansing.
 9. Dress with freshly-laundered clothes after each shower/bath cleansing
 10. It is important the night **before** surgery, upon the 3rd day of bathing, sleep with clean bed linens!
 11. Do NOT apply any lotions, deodorants, powders, or perfumes to your body.
 12. Do NOT shave your legs the night **before** or the day of surgery! Nor remove any body hair below the neck. Facial shaving is the only thing permitted before surgery.
 13. Throughout this process, good hand hygiene is a must throughout the entire day, each day. Wash hands with soap and water for the timeframe it takes to sing "Row, Row your boat" to ensure adequate cleansing.
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PLEASE BRING THIS FORM WITH YOU TO SURGERY CENTER AT ADMISSIONS ON SURGERY DAY

I, the patient, DID complete the following showers/baths Hibiclens Cleansing as instructed:

_____ 3 days before surgery

_____ 2 days before surgery

_____ 1 day before surgery

_____ Morning of surgery

Patient's Signature: _____ Date: _____

****Staff; Please place this page in patient's chart—by request of Infection Prevention Nurse.***