

**ROCKLAND EAR NOSE AND THROAT ASSOCIATES, P.C.**  
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**PRE-OPERATIVE INSTRUCTIONS FOR HOSPITAL SURGICAL PROCEDURES**

1. Do not eat or drink anything after midnight the night before surgery.
2. If you take daily medications (such as blood pressure or heart pills), you may take these the morning of surgery with a small sip of water only. If you are a diabetic, please discuss your Insulin or other Diabetes medications with you primary care doctor.
3. You should not take any blood thinner medications for 2 weeks before the surgery since these may increase your chances for greater intra-operative bleeding and post-operative problems. This includes aspirin, baby aspirin, Coumadin, Persantine, Heparin, Motrin, Advil, non-steroidal anti-inflammatory medications.
4. Be aware of the herbal medications that can cause thin blood- these include: Vitamin E, garlic, Dong Quai, Evening Primrose Oil, Jack-in the-pulpit, Willow bark, Cowslip, Red Root, Ginger, Feverfew, Ginkgo Biloba. This list keeps growing, so please check.
5. If you are a child under 18 or an adult over 60 years of age, the hospitals require a medical clearance before surgery.
6. If you are female age 12- 50, a urine pregnancy test is required.
7. All females aged 21 and older will be required to have a current PAP smear result (within the past 3 years)
8. Various other tests such as Hemoglobin, Hematocrit, PT, PTT, Bleeding time, Glucose, BUN, EKG and Chest X-rays may also be required depending on your age and health concerns.
9. Please bring any pertinent CT or MRI scans with you to the hospital on the day of surgery.
10. Bring your eyeglasses and/or hearing aids to the hospital.
11. Please leave all jewelry at home.
12. If you have general anesthesia, you will need a responsible adult to drive you home.