



## Michael P. Zeringue, MD

### Pre Procedure Instructions

- You are scheduled for a procedure on \_\_\_\_\_ at \_\_\_\_\_ AM / PM
- You should report to Greater New Orleans Surgery Center 1 hour prior to your appointment time or at \_\_\_\_\_ AM / PM
- Please notify our office as soon as possible, preferably 24 hours in advance if you are unable to keep this time.
- Please leave your valuables at home, but please remember to bring your insurance card(s), driver's license or state issued identification and financial responsibility to this appointment.
- Arrange to have a responsible adult drive you home and stay with you after your procedure.
- Bring a list of medications you are currently taking including all herbal supplements.
- Take your daily routine medications, except those listed on the back of this form.
- Fasting instructions:
  - You may eat and drink prior to your appointment
  - You must follow the following guidelines regarding fasting prior to your appointment according to anesthesia guidelines.

Ingested Material	Minimum Fasting Period (apply to all ages)
Clear liquids (water, fruit juices without pulp, carbonated beverages, clear tea, black coffee, sport drinks)	4 Hours
Non-human Milk	6 Hours
Light meal (toast and clear liquids)	6 Hours
Full meal (fried or fatty foods, or a "large meal")	8 Hours

- Should you have any questions, please contact the office or Greater New Orleans Surgery Center
 

Metairie	504-885-6464
Destrehan	985-764-3001
Greater New Orleans Surgery Center	504-454-2017 Option 4



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Please discontinue the following medications 1 week before your procedure

### Anti- inflammatory Medications

Arthrotec	Aspirin	Motrin	Meloxicam (Mobic)
Advil		Choline Magnesium (Trilisate)	Oxyaprozin (Daypro)
Mobic		Diflunisal (Dolobid)	Piroxicam (Feldene)
Aleve	Omega 3 fatty acid	Etodalac (Lodine)	Salsalate (Disalacid)
Celebrex	Naproxen	Fenoprofen (Nalfon)	Sulindac (Clinoril)
Vioxx	Anaprox	Mefenamic acid (Ponstel)	Tolmetin (Tolectin)
Diclofenac	Indomethicin (Indocin)	Ibuprofen	Valdecoxib (Bextra)
Voltran	Ketoralac	Meclofenamate (Meclofen)	

### Herbal Supplements

Garlic  
 Anthocyanins  
 Black Currant  
 Evening Primrose  
 Borage seed  
 Willow Bark Extract  
 Aspen  
 Goldenrod  
 Devils Claw  
 Ginko Biloba

### Blood Thinners *(Discuss with your Primary Care Doctor before discontinuing the following meds:)*

Aspirin  
 Aggrenox  
 \*\*\* Ticlopidine\*\*\*  
 Coumadin  
 Warfarin  
 Plavix  
 Clopidogrel  
 Heparin  
 Lovenox  
 Enoxaprin  
 Glycoprotein 2a/3b inhibitors  
 Thrombolytics & Fibrinolytics

\*\*\*Ticlopidine must be stopped 14 days before procedure