



PRE-SURGERY GUIDELINES FOR OUT PATIENT SURGERY MOUNTAIN WEST SURGICAL CENTER

1. Janiga MDs will be contacting you within 2 weeks before surgery to pre-admit you **ONLY** if you have not completed your online pre admit questionnaire. At your pre op appointment with Janiga MDs we will provide you with a lab slip to take to your lab of choice, only if it's needed. If you have had recent blood work within 6 months, please let the office know, you may be able to avoid having new blood work.
2. You will be receiving prescriptions at your pre-op appointment. You may receive multiple prescriptions. Controlled substance, antibiotics, stool softeners...etc. if prescribed, they will be sent electronically to your pharmacy that you provided to our medical staff. Make sure all prescriptions have been filled and picked up prior to surgery.
3. Our office will call to confirm your arrival time for surgery 2 days prior to your scheduled surgery. Knowing the correct arrival time is crucial. Your arrival time is different than your actual surgery start time. Please make sure this is confirmed and verified with our office if you are uncertain.
4. **DO NOT** eat or drink any solid food or liquids after midnight the night before your surgery. Compliance with this is **VERY IMPORTANT** for your safety. Your surgery will be cancelled if you do not follow this simple but important rule.
5. Wear comfortable clothing the day of surgery. Preferably a blouse/shirt that buttons/zips up the front and loose pants/shorts. Blue jeans and tee shirts are not recommended.
6. **DO NOT** wear any makeup, jewelry, piercings, or contact lens the day of surgery. (Makeup must be removed prior to surgery). Do not bring valuables, cell phone, jewelry or purse (unless you leave them with person accompanying you on your surgery day).
7. You will be in recovery for an hour or more after your surgery to ensure you are stable. The length of time depends on when you become fully awake.
8. You **MUST** bring a photo ID and insurance card to check in the day of surgery. They will make every effort to send any unforeseen pathology to a lab that is in-network with your insurance.
9. You will need to arrange for someone to drive you home following your surgery. This person must be an adult over the age of 18. Cab, Uber, or Lyft not allowed per facility rules.
10. Our wish is for your Outpatient Surgery experience to be a pleasant one. Please do not hesitate at any time prior to or during your surgery experience to ask a member of our staff any questions that you may need answered. We are available to assist you in any way possible. Our office phone number is 775-398-4600.

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