

**Hunterdon Center for Surgery  
Pre- operative Instructions  
9100 Wescott Drive  
Wescott Medical Arts Building  
Flemington, NJ 08822**

**Please bring an insurance card and photo ID (such as a driver's license) with you the day of your surgery. For children, a parent or guardian photo ID is required.**

**Local Anesthesia**

- **If you are not receiving sedation, you may eat a light breakfast or lunch.**
- **If you have been prescribed a sedative or anti-anxiety medication to take before your procedure, you will need a driver to and from the surgery center.**

**Monitored Anesthesia Care (MAC) or General Anesthesia**

- **The surgery center will call you with your expected arrival time the day before your surgery. Please notify your surgeon's office of any alternate phone numbers that you would like to be contacted on.**
- **You will need a driver to and from the surgery. No driving for 24 hours after anesthesia. Taxis are not permitted.**
- **STOP eating solid foods or milk type products after midnight. This includes mints, gum or candy. The last meal the night before surgery should be low in fat.**
- **Stop drinking clear liquids 2 hours prior to the given arrival time at the facility. CLEAR liquids are water, clear tea, black coffee (without milk or creamer), and apple juice. Adults are limited to 6 ounces.**
- **No alcohol containing beverages after 8pm the night before surgery.**
- **You may take blood pressure medication, thyroid medication, anti-reflux medication and inhalers for asthma with a small sip of water the morning of surgery.**
- **If there is a change in your condition before you arrive at the Surgery Center (such as a cold, sore throat or fever), contact your surgeon at once.**
- **Please tell your doctor about any medical conditions or if you are taking any medicines. Please discuss any other drugs/herbal medications that you are currently taking. Some medications and vitamins will need to be stopped at least 3 days prior to your surgery. These include: aspirin, NSAIDS such as Motrin, and Aleve, blood thinners such as Coumadin, vitamin E, CoQ10, fish oil and glucosamine.**
- **Diabetics: Please hold all oral hypoglycemic agents the day of surgery. If you are taking insulin please consult your doctor.**
- **Remove all jewelry, fingernail polish and unnecessary items prior to coming to the surgery facility. Leave all valuables at home. *Ladies should not wear makeup.***
- **If you wear glasses and /or a hearing aid, please bring them with you on the day of the operation. If you wear contact lenses, bring a case for them. You will need to remove them prior to the operation**

- **Wear something loose and comfortable, preferably a blouse or shirt that buttons in the front.**
- **Expect to be at the surgery center approximately 3-4 hours from your arrival time.**

**CHILDREN:**

- **Stop drinking milk or formula 6 hours prior to the given arrival time at the facility. The last feeding of breast milk should be limited to 4 ounces.**
- **Children may have a 4 ounce glass of clear liquids (water, clear tea, apple juice) 2 hours prior to their arrival time.**
- **A responsible adult (18 years or older) must remain in the facility while the child is here.**
- **Please bring extra diapers, bottle or sippy cup with you. Please no milk. Juice may be provided at the center.**
- **You may bring special blanket or soft toy.**