

SITARA KOMMAREDDI, M.D., PLLC
6567 EAST CARONDELET DRIVE, SUITE 435
TUCSON, AZ 85710
Phone: (520) 512-5757 Fax: (520) 882-3211

SURGERY SCHEDULING INSTRUCTIONS

Patient's Name: _____ DOB: _____

Surgeon's Name: _____

Procedure: _____

Your surgery is scheduled for: _____

You must be at: _____

Check-in time: _____

(Even though your surgery may be inpatient, you must check in at the outpatient area)

- ✓ Do not eat or drink anything (except allowed medications), chew gum, suck on hard candy or chew tobacco after midnight on _____.
- ✓ **Please shower on day of your surgery with Hibiclens soap** (Chlorhexidine) *get at your local drug store, small bottle of generic brand.*
- ✓ Keep all make-up, perfumes and colognes to a minimum.
- ✓ Please wear loose clothing.
- ✓ Leave your jewelry and valuables at home.
- ✓ Bring your insurance card with you.
- ✓ For any type of surgery, or any type of anesthesia including local anesthesia, **a friend or family member must come with you to your surgery and drive you home afterward.** (No taxis or bus rides home).
- ✓ After leaving the hospital, do not drive or operate machinery for 24 hours. You should go home, rest and allow the effects of any medications to wear off.
- ✓ If you are late for surgery, or if you did not follow the instructions, your surgery may be canceled. (Please call the office to reschedule).

If you have any questions, please call the office at (520) 512-5757. Thank You!

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PRE-SURGERY MEDICATION INSTRUCTIONS

BRING A CURRENT LIST OF MEDICATIONS INCLUDING DOSE AND FREQUENCY WITH YOU ON THE DAY OF SURGERY

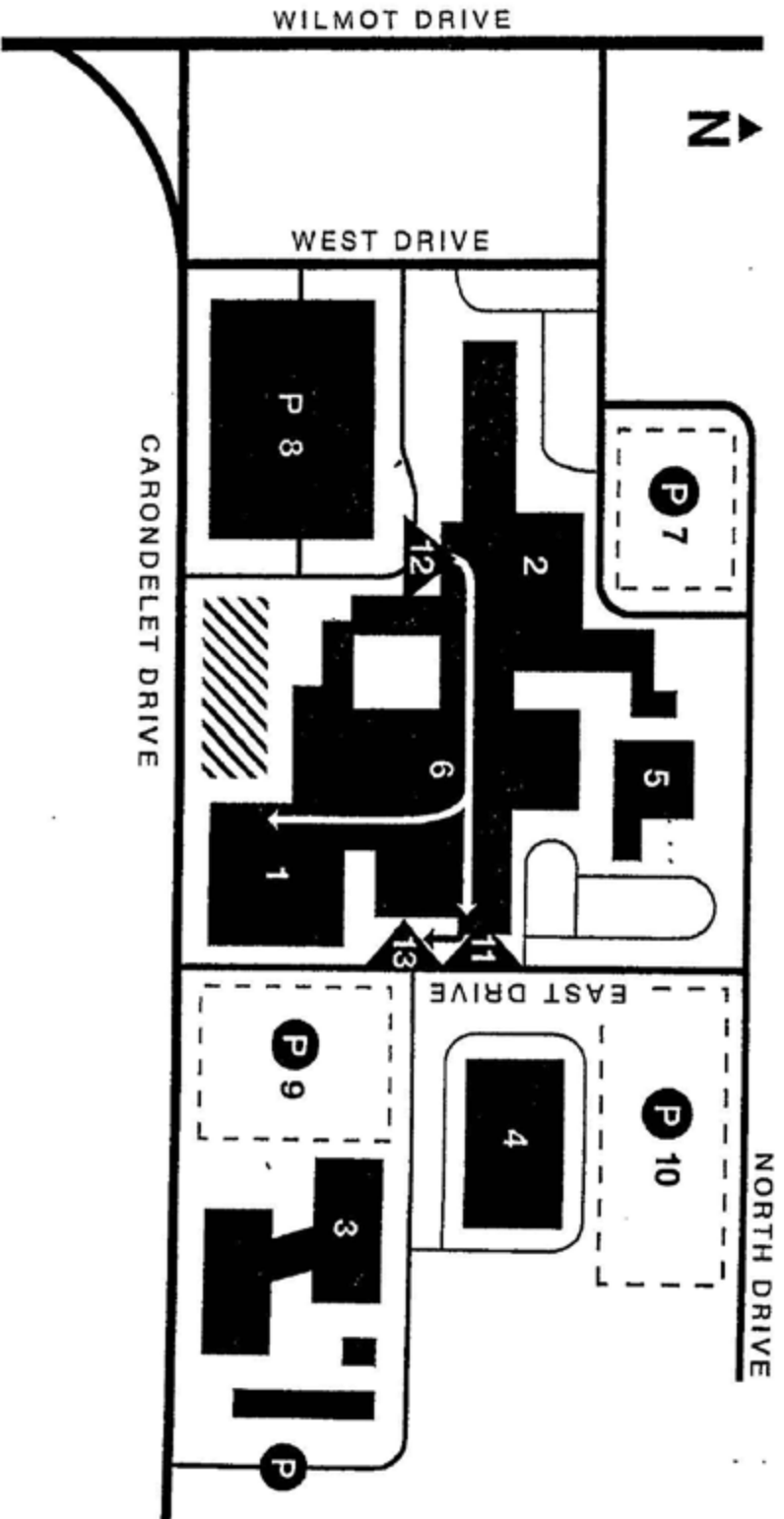
Follow these instructions:

- I. Diabetic Medications – If you are on oral medication, **DO NOT TAKE ON THE DAY OF SURGERY**. If you are on insulin, take ½ of your usual morning dose on the day of surgery (regular insulin only). **EXCEPTION:** If your surgery is scheduled after 12:00 noon, do **not** take your insulin on the day of surgery.

*If on the morning of surgery your blood sugar level is low (<80), take 4oz. of **clear fluid** such as apple juice or Gatorade.
- II. Do not take medications such as Lasix on the day of surgery.
- III. Antidepressants or Antipsychotic Medication – Take your morning dose on the day of surgery. If you are taking a monoamine oxidase inhibitor antidepressant (such as marplan, isocarboxazid, Nardil, phenylzine, and tranylcypromine) contact your surgeon.
- IV. Blood Thinners (Anticoagulants) – If you are taking Warfarin or Coumadin, stop taking **5 days** before your surgery. Talk to your surgeon to see if replacement medications are needed. Ok to continue aspirin and Plavix unless Dr Kommareddi instructs you otherwise.
- V. Herbal Medications and Vitamins – Discontinue all herbal medications and all vitamins **1 week** before your surgery. If you are taking Valerin (All Heal, garden heliotrope, vandel root), continue taking your usual dose.
- VI. Bronchodilators – Asthmatics – Please bring these with you on the day of surgery.
- VII. Stop Phentermine **14 days** before surgery.
- VIII. **DO NOT TAKE ANY ILLEGAL ILLICIT/STREET DRUGS FOR 2 WEEKS BEFORE SURGERY.** (LSD, PCP, Marijuana, Heroin, Ecstasy, Opium, Methamphetamine, Cocaine, Crack Cocaine, Psilocybin Mushrooms, ETC.....)



For these medications, take your usual dose with a sip of water:

- Glaucoma Medications
- High Blood Pressure (Hypertension) Medications, except for Lasix
- Heart (Cardiac) Medications
- Asthma or COPD Medications
- Steroid Medications (such as Prednisone or hydrocortisone)
- Thyroid Medications
- Seizure (Anticonvulsant) Medications
- Prescription Pain Medications
- Myasthenia Gravis Medications



- Map Legend**
1. Women's Care - 1st & 3rd Floor
 2. Medical Surgical Patient Care - 4th Floor
 3. Neurological Institute Inpatient Care - 5th Floor
 4. Emergency Department
 5. Medical Plaza I
 6. Medical Plaza II
 7. O'Reilly Center
 8. St. Joseph's Medical Center

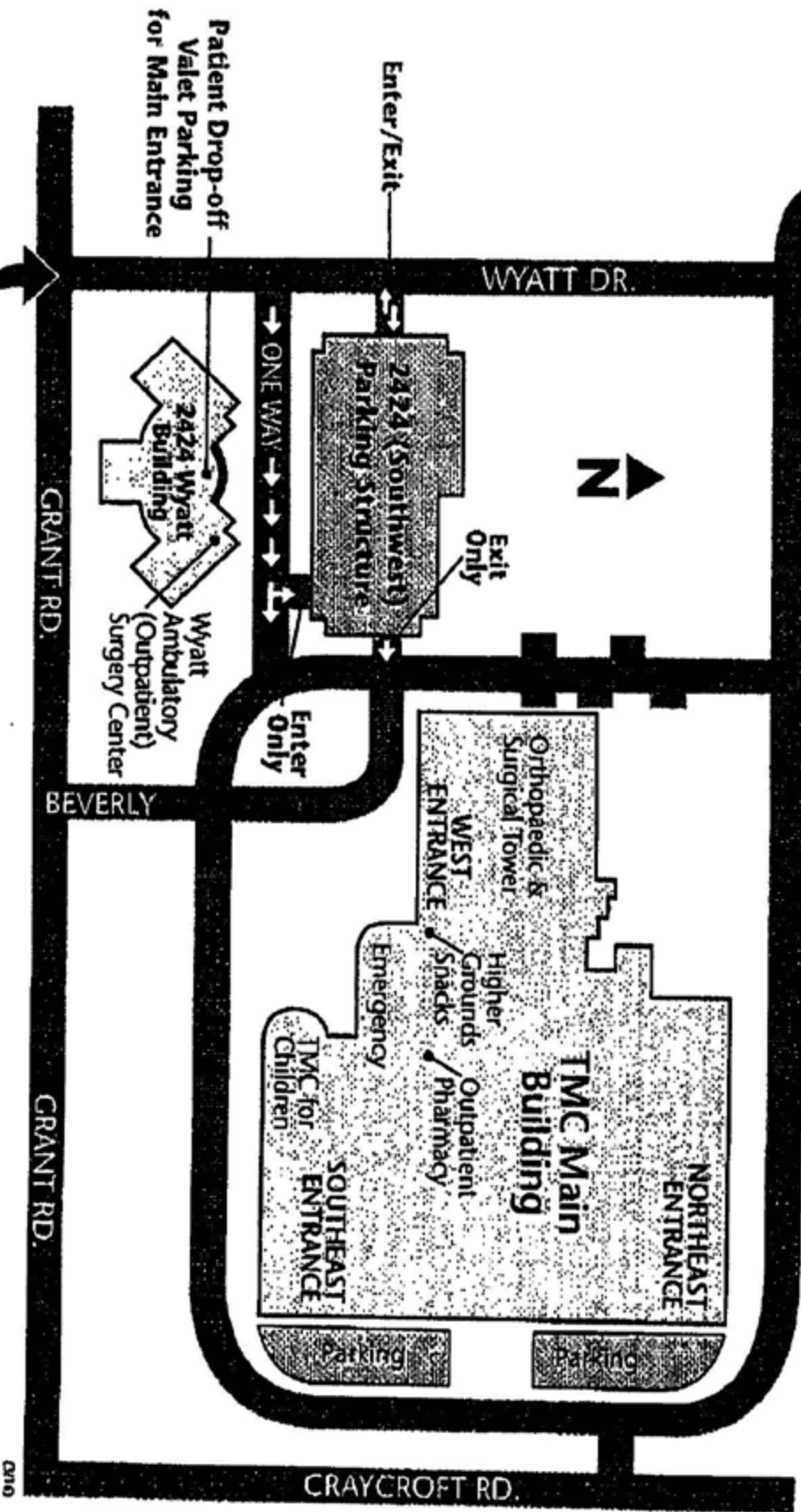
7. Parking
8. Emergency Department Parking
9. Garage Parking
10. Medical Plaza I Parking
11. Medical Plaza II Parking

- Entrances**
11. East Entrance
 12. Main Entrance
 13. Women's Care Entrance
- Other**
-  Parking
 -  Construction Zone

Wyatt Ambulatory Surgery Center



TO GLENN



Enter from Wyatt to reach parking garage or patient drop-off