

## Surgery Scheduling Information

(Scheduler will call you: write down all instructions)

Dr. Sitara Kommareddi  
6567 East Carondelet Drive, Suite 435  
Tucson, Arizona 85710  
520-512-5757 (office) / 520-882-3211 (fax)  
520-570-1278 (answering service)

- **DATE OF SURGERY** \_\_\_\_\_.
- **CHECK IN TIME** \_\_\_\_\_ **at location** \_\_\_\_\_. See attached maps  
**Surgery time at** \_\_\_\_\_. This means you arrive 2 hours before your surgery time.
- Bring list of current meds/doses and CPAP device if you use.
- Bring money/credit card if payment is required.
- **DO NOT EAT OR DRINK ANYTHING FROM MIDNIGHT NIGHT BEFORE SURGERY. Your case will be cancelled if you do.**
- **FOR 2 WEEKS BEFORE SURGERY, do not use marijuana or illegal “street drugs” (lsd, heroin, ecstasy, opium, meth, cocaine etc). Your case will be cancelled if you do.**
- Meds we allow may be taken with small sips in the morning. See attached list.
- Clean umbilicus (belly button) out well daily at least 1-2 days before if you are having an abdominal procedure.
- Friend/Family/Medically approved transport must be arranged to take you home. You cannot go home in a taxi/bus.
- An assistant is necessary in certain procedures. You may receive a bill for their services if your insurance does not cover.
- **Items to obtain:**
  - Show in hibiclens (chlorhexidine) soap on am of surgery (get small bottle generic at drugstore). Apply to wet skin from neck to feet, let sit for 60 seconds, then wash off. Also apply to area of procedure. You may use lotion afterwards.  
No need to do this on scalp or perianal areas.
  - Obtain before surgery from the drugstore: ibuprofen 200 mg tabs, acetaminophen (Tylenol) 500 mg tabs, Colace 100 mg tabs (a stool softener)
  - Have water /snacks at bedside so meds may be taken with them, pillows to prop up legs or press onto abdomen if you have had an abdominal procedure.
  - Ice packs, band aids available. It may be helpful to have gauze and tape in case wounds ooze. A small supply is sufficient if you wish to obtain.

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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  $\frac{1}{2}$  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, vandal 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:

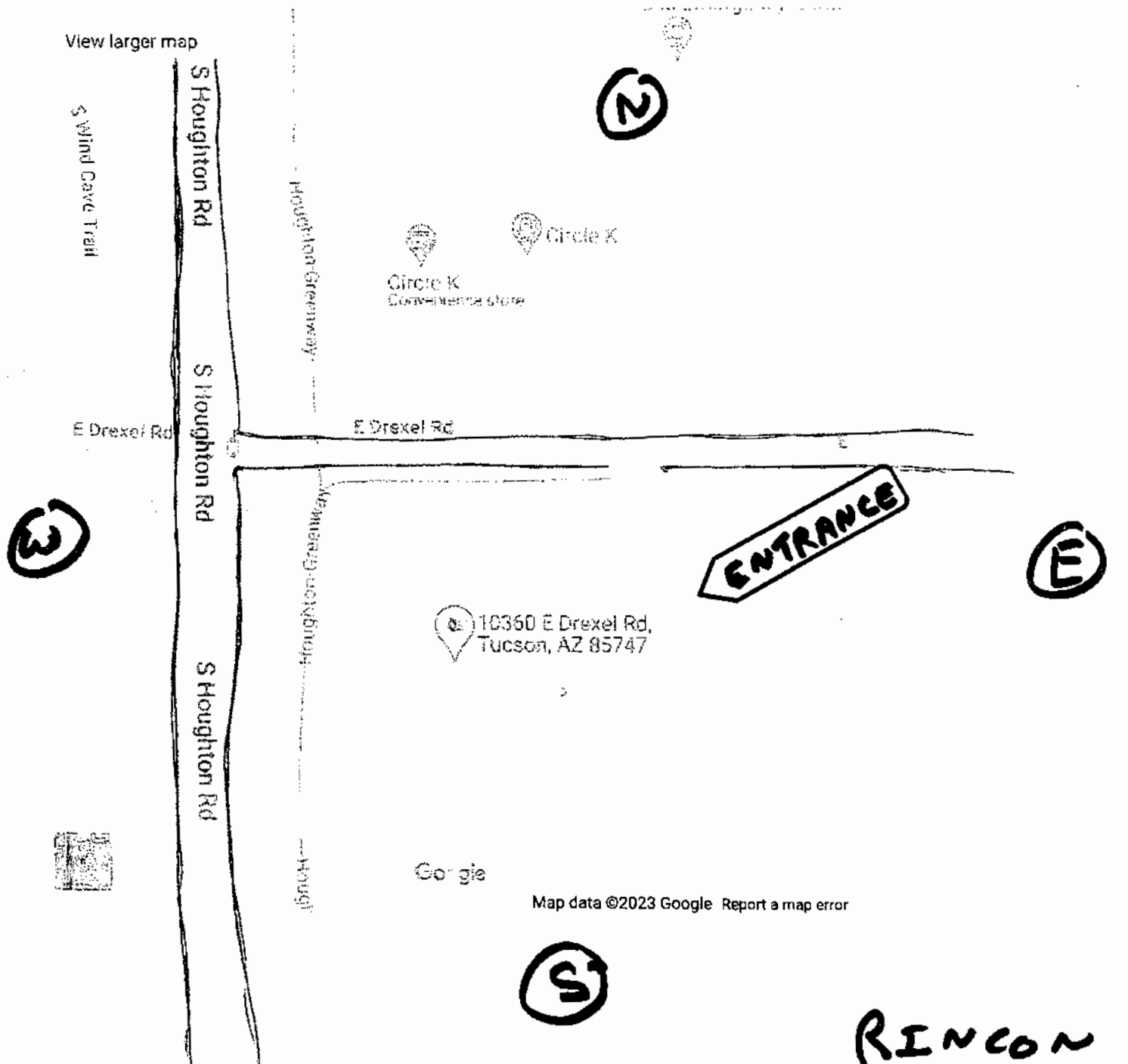
- Glaucoma Medications
- High Blood Pressure (Hypertension) Medications, except for Lasix
- Heart (Cardiac) Medications
- Asthma or COPD Medications
- Steroid Medications (such as Prednisone or hydrocortisone)
- Thyroid Medications
- Seizure (Anticonvulsant) Medications
- Prescription Pain Medications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

# Directions

10360 E. DREXEL RD, TUCSON AZ 85747

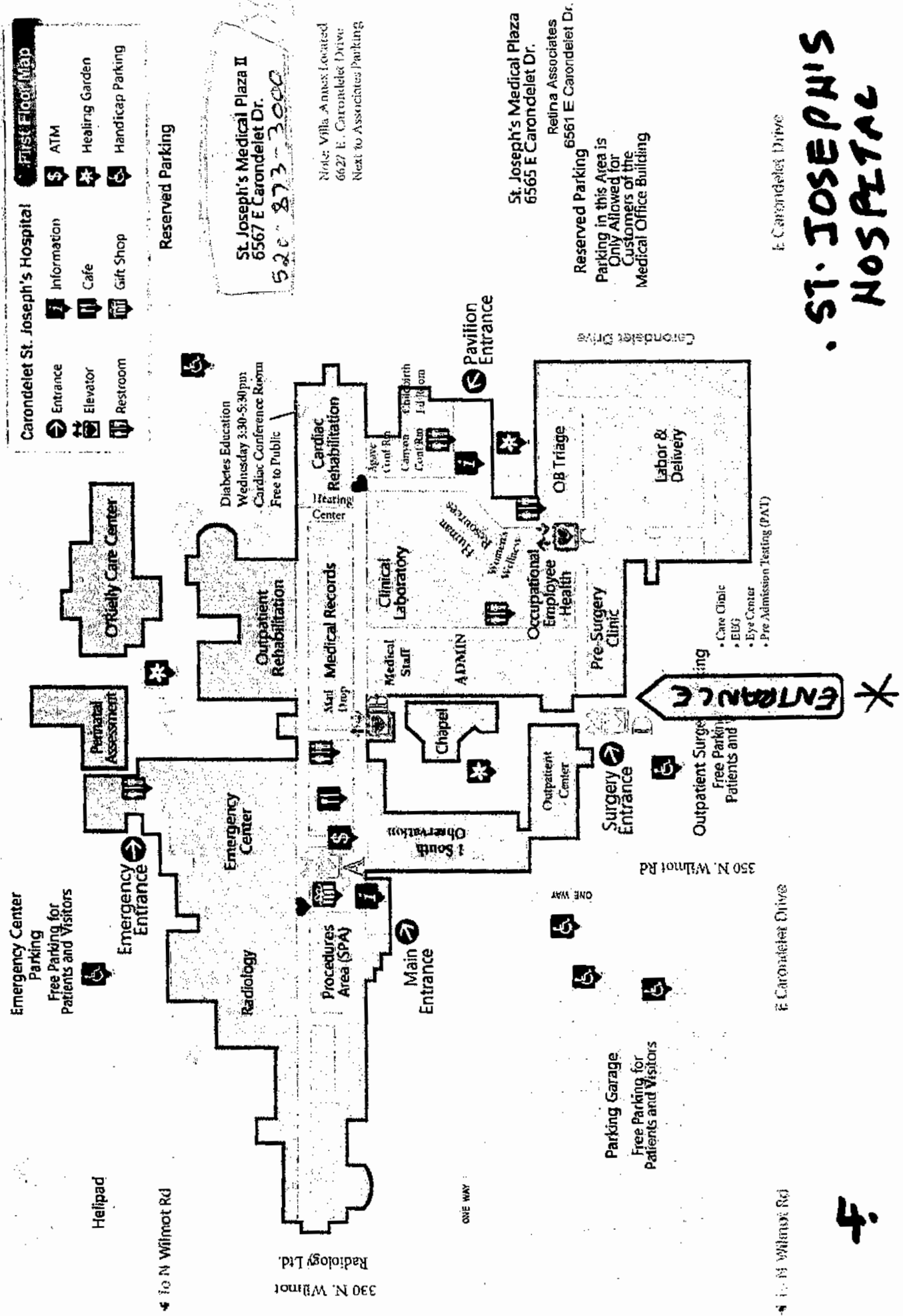
520-207-2546

View larger map



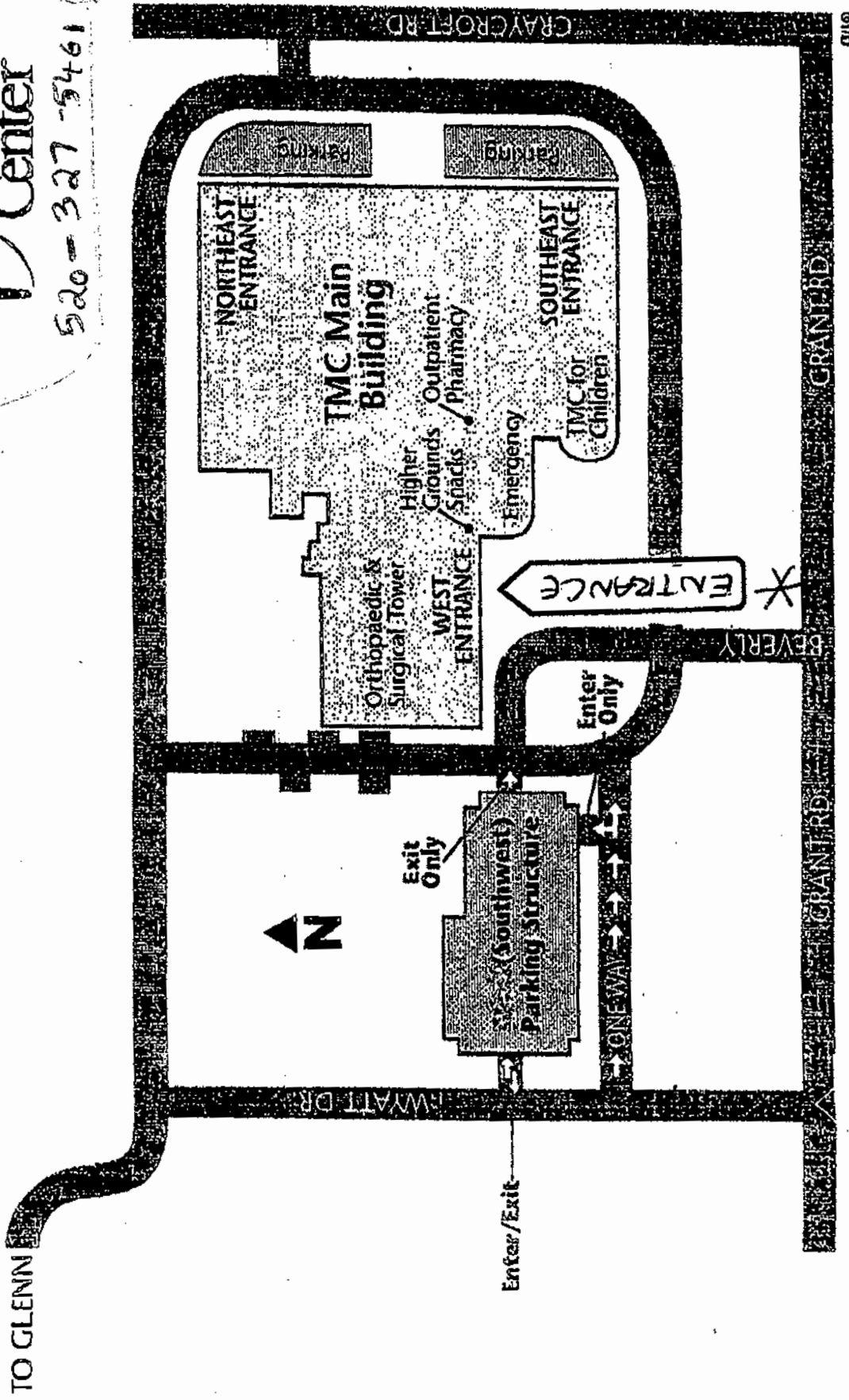
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520-327-5461



TMC