

Instructions for Outpatient Surgery

YOUR SURGEON: ☐ Dr. Vukasin ☐ Dr. Garza ☐ Dr. Ruiz ☐ LA Surgical General Surgeon

DATE OF SURGERY: _____, ____/____/____

ARRIVAL TIME: _____ ☐ a.m. ☐ p.m. (Arrival time may change)

Check in at the hospital lobby desk.

NOTE: **Three (3) days prior to surgery, please call 818-507-4106 to confirm your arrival time.**
A late arrival may result in the cancellation of your surgery.

Contact the Colorectal Care Center at 818-244-8161 if you have any fevers, chills, cough, congestion, sore throat, body aches, vomiting, or diarrhea **ONE WEEK BEFORE** surgery.

Within 30 days BEFORE surgery: Blood tests, X-rays, or other tests may be needed. If so, they need to be done at: ☐ **Glendale Memorial Hospital** **OR** ☐ **your Primary Doctor**. Please have results faxed to our office before surgery at 818-244-5122.

At Glendale Memorial Hospital, you can make an appointment for your tests by calling 818-502-7888. They are available Monday - Friday at 8:00am - 4:00pm.

Seven (7) days BEFORE surgery: Stop all aspirin and blood thinning medications.

Diabetics: **STOP** Metformin two (2) days prior to the surgery. Do **NOT** take pills for diabetes on the morning of your colonoscopy. **STOP** GLP-1 Agonists (Ozempic, Wegovy, Mounjaro, Trulicity, Victoza, Rybelsus) seven (7) days prior to surgery.

DIET ONE (1) DAY BEFORE SURGERY: ☐ **Regular Food** **OR** ☐ **Clear Liquids Only**

After MIDNIGHT (12:00 AM), do NOT eat or drink anything. However, you may take medications with a sip of water.

You CANNOT drive, take a bus, or take a taxi/Uber/Lyft after surgery. Please make arrangements for a family member or friend to drive you home. It is also recommended that an adult stay with you for the first 24 hours after surgery.

KEEP THESE INSTRUCTIONS WITH YOU IN A SAFE PLACE