

Houston Surgery Center Pre-Operative Instructions

Log on to website: <http://www.houstonsurgerycenter.net>

Click on pre-registration and it will automatically take you to a website called One Medical Passport. Create a log in, password and save it for future reference. Answer all of the questions regarding your medical history. At the very end you must save and send it in order for us to be able to view it.

COVID-19 testing: All patients must have a COVID test performed 4-5 business days prior to the scheduled procedure date with a negative result. Patients will be phoned if the test is positive, if negative a Preop nurse will call with specific instructions and arrival time for the procedure. All patients are asked to quarantine from the time of testing to procedure date. Note: All tests are performed at Houston Surgery Center.

INSTRUCTIONS REGARDING MEDICATIONS

- If you are diabetic, do not take medications for diabetes the day of your procedure.
- Medications that are OK to take with a SIP of water the morning of your surgery:
 - Blood pressure medications/Heart Medications
 - Seizure medications
 - Thyroid medication
 - Reflux medication

Pre-Op Instructions:

- Nothing to eat or drink after midnight. NO GUM, NO COFFEE, NO WATER, NO FOOD
- Medications for blood pressure, thyroid, acid reflux and/or seizures may be taken the morning of your procedure with a **sip of water**.
- Leave all personal jewelry and valuables at home or plan to give to your driver when you go to OR room.
- Bring reading glasses to sign all paperwork. If you wear contacts only, bring case to remove and store them while in your procedure. Also bring ID and insurance card (every time) and method of payment, if needed.
- Wear **loose and comfortable** clothing. Nothing binding or fitted. Underwear must be 100% cotton or they will request for them to be removed prior to surgery.
- Have someone over the age of 18 available to drive you home and sign your discharge instructions. Also very important that they provide 24 hour care while you recover from Anesthesia.

We are located at:

Houston Surgery Center (Red, White and Blue Building)
9180 Katy Freeway
Suite 250 (2nd Floor)
Houston, TX 77055
PH: 713) 395-1590

Any questions, please feel free to call.
We look forward to taking care of you!

Thank you,
HSC Pre-Op/Recovery Team