



# Outpatient Surgery/Procedure Instructions

National Institutes of Health  
Clinical Center

## Pre-operative/Pre-procedure Instructions: Adult

Name: \_\_\_\_\_ Physician's name/phone : \_\_\_\_\_

Procedure: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Report to: \_\_\_\_\_ Special Needs: \_\_\_\_\_

\_\_\_\_\_ If there is a change in your condition before you arrive at the Clinical Center (such as a cold, sore throat or fever), contact your doctor or surgeon at once. Your NIH doctor can be contacted by calling the NIH Page Operator at (301) 496-1211. Such illness may make it necessary to postpone your procedure.

\_\_\_\_\_ Do not eat or drink after midnight the night before your surgery/procedure (no chewing gum or candy after midnight). *This is very important to assure your safety during the procedure.*

\_\_\_\_\_ Please tell your doctor about any medical conditions or if you are taking any medicines (for example, seizure disorder, diabetes, high blood pressure). Please discuss any other drugs/herbal medications that you are currently taking. This includes aspirin, NSAIDs (such as Motrin, Aleve) and blood thinners (such as Coumadin). If you use an inhaler, please bring it with you. If you use have diabetes mellitus and use insulin, please take half of your normal dose. If you use an oral pill/hypoglycemic agent, please hold it on the day of the surgery/procedure. Unless instructed otherwise, take all your medicines as you normally would with small sips of water.

\_\_\_\_\_ A responsible adult (18 years or older) must accompany you when you are discharged from the hospital.

\_\_\_\_\_ Do not drink alcoholic beverages for 24 hours prior to surgery/procedure.

\_\_\_\_\_ Please remove all jewelry (including any body piercing jewelry) before coming to the hospital. Leave all valuables at home.

\_\_\_\_\_ Please remove your make-up before coming to the Clinical Center.

\_\_\_\_\_ Wear something loose and comfortable. Please tell the staff if you wear contact lenses, have dental appliances, or any other prosthetic devices. These may need to be removed before surgery. Bring appropriate containers for storing them.

\_\_\_\_\_ Expect to remain 1 to 3 hours at the Clinical Center after the surgery/procedure.

\_\_\_\_\_ Unforeseen events may require you to stay overnight in the Clinical Center. This is unlikely, but occasionally it happens. If this becomes necessary, your doctor will explain the reasons for a hospital stay.



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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? [OCCC@cc.nih.gov](mailto:OCCC@cc.nih.gov)

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