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## Prep Instructions

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#### PROCEDURE PATIENT INSTRUCTIONS

##### SCHEDULED PROCEDURE:

##### Procedure Details:

Procedure Date:  
Procedure Check-in Time:  
Procedure Time:  
Procedure Location:  
Scheduled with Provider:

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM

Your provider has referred you for a/an

Contact our office immediately at 402-397-7057 if any of the following instances occur between the time you scheduled your procedure to the day of your appointment:

1. If you start a blood thinner
2. If you start a weight loss medication
3. Develop COVID or upper respiratory infection
4. If you need to RESCHEDULE or CANCEL your appointment

Note: If you are of child-bearing potential, please contact your primary provider to arrange for a urine pregnancy test seven (7) days prior to your procedure. If you are certain you cannot be pregnant and prefer to refrain from prescribed testing, you may sign a pregnancy waiver the day of the procedure confirming you cannot be pregnant.

#### FIVE DAYS BEFORE YOUR PROCEDURE

1. Familiarize yourself with all the prep instructions and contact our office at 402-397-7057 if you have any questions.
2. STOP the following if taking:  
Curcumin/Turmeric
3. DO NOT STOP aspirin if you have been instructed by a physician to take daily.

#### THE DAY OF YOUR PROCEDURE

1. NOTHING TO EAT OR DRINK AFTER MIDNIGHT
2. NO ALCOHOL, OR RECREATIONAL DRUG USE.
3. NO CHEWING/SMOKELESS TOBACCO PRODUCTS.
4. Take your morning medications before 6:00am with a few sips of water.

Additional information, if applicable, includes: [Patient Instructions Comments]

#### RIDE HOME:

You must have a responsible driver who had a valid driver's license to take you home. It is preferred that you have someone drive you to the scheduled location, wait while you have your procedure, and then accept responsibility for your dismissal upon leaving the facility. In the event that your driver is not present at check-in you will be expected to validate your responsible driver. If check-in staff are unable to validate your responsible driver, your procedure will be cancelled.

IMPORTANT: Public transportation is NOT an acceptable form of transportation following your procedure unless accompanied by a responsible adult. If you are scheduled at a hospital, please know individual hospital policies may require you to have a responsible adult stay with you for 24 hours post procedure.

#### WHAT TO BRING TO YOUR PROCEDURE:

1. Responsible adult to drive you home (NO EXCEPTIONS). If no responsible adult driver, your procedure will be cancelled.
2. Insurance card(s)
3. Photo ID

#### WHAT TO WEAR TO YOUR PROCEDURE:

1. Wear comfortable, loose-fitting clothing.
2. Wear flat or tennis shoes.
3. Please leave jewelry and valuables at home.

#### FREQUENTLY ASKED QUESTIONS:

Q. Does my driver have to stay with me during the procedure?

A. If your driver does not wish to remain in the lobby, a contact number can be given to the nursing staff. These arrangements must be made during the check-in process, or your procedure will be cancelled. Typically, the driver can return two hours after they drop you off or they can be called prior to your dismissal time. Public transportation can only be used if you are accompanied by a responsible adult.

Q. Can I eat after my procedure?

A. Usually you may resume your normal diet unless otherwise instructed.

Q. Will I be asleep for my procedure?

A. Yes, sedation will be provided to keep you comfortable throughout your procedure(s).