

Instructions for Visitors for Ambulatory Surgery Patients

We thank you for your patience and understanding with our visitation policy during the COVID-19 pandemic. We are committed to helping you and your family member stay in touch with each other and our team.

For updates, please call our Family Waiting Room – 212-746-0582

During admission: We will ask for the contact information for your family member or escort.

During the procedure: All visitors **MUST** leave the building for their safety and the safety of others.

After the procedure: The surgeon or a member of the surgical team will contact your family member with an update.

During recovery: Visitors will NOT be allowed in the Recovery Room (not applicable to pediatric patients). We encourage patients and their family members to stay in contact via telephone or video call. Our Patient Navigators can assist you with calling your family.

Same Day Discharge: A patient Navigator will call your family member to plan when they will be able to pick you up from the recovery room.

Adult Preoperative Patient Instructions

DO NOT eat solid food (including candy and mints) after midnight on the day of your procedure

YOU MAY drink up to 8 ounces of clear liquids on the day of surgery, up to 2 hours before your hospital arrival time.

OK: water, sports drinks, apple juice, or black coffee/tea.

NO: milk, cream, alcohol, or drinks you cannot see through (e.g., orange juice).

If your surgeon has given you diet instructions other than those listed above, follow your surgeon's instructions.

Take all of your usual medications with a sip of water prior to coming to the hospital unless instructed otherwise.

- If you are taking any over-the-counter herbal/alternative medications (e.g., Vitamin E), stop at least one week before your procedure.
- Usually your surgeon will want you to stop taking aspirin, aspirin-containing products (Excedrin), or NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naprosyn) at least one week before your procedure. Tylenol is OK.
- **If you have stents in any artery in your body (heart, brain, elsewhere)** DO NOT STOP TAKING ASPIRIN UNTIL YOUR SURGEON AND CARDIOLOGIST DECIDE WHAT IS SAFEST FOR YOU. Continuing aspirin 81mg daily through the day of surgery is recommended in most patients with stents. Other blood thinners might be stopped. Your surgeon and cardiologist should make this decision together.
- If you are taking any other prescription blood thinning medication such as Coumadin (warfarin), Plavix, Lovenox, Xarelto, Eliquis, Pradaxa, Effient, Ticlid, Pletal, Aggronox, etc., tell your surgeon and ask him/her to speak with your prescribing physician about if/when you should stop these medications before your procedure.

If there is any change in your health leading up to surgery, please notify your surgeon's office immediately. A change in health includes (but is not limited to) chest pain, shortness of breath, or infection (fever, cold, stomach virus, UTI, etc.).

Additional Information

- You will need an adult to escort you home after your procedure.
- On the day of surgery, please:
 - Wear comfortable clothes.
 - Do not wear makeup (especially eye makeup), jewelry, or nail polish.
 - Shower and shampoo your hair within 24 hours of surgery.
 - Brush your teeth on the morning of surgery.
 - Bring a complete list of medications you are taking (including doses)

The Day Before Surgery:

A hospital nurse will call you to tell you what time you should arrive and where to go based on your procedure. If you have not heard from us by 4 pm the day before your procedure, please call the department of Perioperative Services at **(212) 746-5299 between 4 pm – 6 pm** to find out what time to arrive.

The Day of Surgery:

Enter through the main hospital entrance and proceed to the Information Desk.
525 E. 68th Street (East side of York Ave.)
New York, NY 10065

Questions?

For preoperative instructions, contact your surgeon's office.

For hospital billing questions, call (212) 297-4545.

For anesthesia related questions, call (212) 746-3885.

Weill Cornell Patient and Visitor Guide is available online at <http://nyp.org/patients/index.html>.

NPO Guidelines

Before elective procedures requiring general anesthesia, regional anesthesia or monitored anesthesia care:

- **Please do not consume ANY solid foods, non-clear liquids including milk, milk products, creamers, gum, mints, or candy after midnight the night prior to your surgery.**
- **Consumption of up to 8 oz. of CLEAR LIQUIDS such as water, Gatorade, tea, black coffee, clear fruit juice without pulp is encouraged up until 2 hours prior to your admission to the hospital.**
- If you have been given specific instructions from your surgeon regarding consumption of liquids preoperatively, then please follow those instructions.
- If you are a diabetic and taking any form of Insulin, you should receive specific instructions regarding insulin dosage and guidelines regarding consumption of fluids.

ACCEPTABLE CLEAR LIQUIDS	NO!
<p style="text-align: center;">Water</p> <p style="text-align: center;">Gatorade/Powerade sports drinks (avoid red if having colorectal procedure or surgery)</p> <p style="text-align: center;">Apple juice</p> <p style="text-align: center;">Black coffee with or without sugar</p> <p style="text-align: center;">Tea with or without sugar</p> <p style="text-align: center;">Gelatin Dessert</p>	<p style="text-align: center;">Milk</p> <p style="text-align: center;">Cream or other milk-based products</p> <p style="text-align: center;">Coffee with cream/milk</p> <p style="text-align: center;">Tea with cream/milk</p> <p style="text-align: center;">Orange juice</p> <p style="text-align: center;">Any juices with pulp</p> <p style="text-align: center;">Any powder-based drink</p> <p style="text-align: center;">Alcohol</p>



Marc Goldstein, MD, DSc (hon), FACS

Matthew P. Hardy Distinguished Professor of Reproductive Medicine and Urology
Surgeon-in-Chief, Male Reproductive Medicine, and Surgery

Cornell Institute for Reproductive Medicine

525 East 68th Street, Box 269
New York, NY 10065

Telephone: 212-746-5470

Fax: 212-746-0977

mgoldst@med.cornell.edu

www.maleinfertility.org

PLEASE DISCONTINUE TAKING THE FOLLOWING AT LEAST ONE WEEK BEFORE SURGERY:

All aspirin and aspirin-like compounds, ibuprofen, NSAIDS, naproxen, naproxen sodium, including:

(the following is a partial list)

Advil	Bufferin arthritis strength caplets	Ibuprofen
Aleve	Buffering caplets/tablets	Indocin
Alka-seltzer	Cama arthritis pain reliever	Midol
Alka-seltzer – antacid/pain reliever	Cama-Inlay tabs	Minacet w/Codein
Anacin	Celebrex (if given long-term)	Mobigesic analgesic tablets
Anaprox	Cheracol Caps	Motrin
Ansaid	Cialis	Naprosyn
Arthritis pain formula tablets	Clinoril	Norgesic
Arthritis strength buffing tablets	Congesperin	Norwich tablets
Ascodeen-30	Cope	Nuprin ibuprofen caplets/tablets
Ascriptin	Darvon	P-A-C analgesic tablets
Aspergum	Doans caplets/pills	Pepto bismol liquid/tablets
Aspirin	Dristan	Percodan
Aspirin suppositories	Dristan sinus caplets	Percogesic
Bayer	Duragesic	Sine-aid IB
Bayer maximum caplets/tablets	Ecotrin caplets/tablets	Sine-off tablets, aspirin formula
Bayer 8-hour extended release tabs	Effervescent tablets	St. Joseph adult chewable
Bayer select ibuprofen	Empirin tablets	Trigesic
Bayer therapy caplets	Excedrin	Ursinus Inlay-tablets
BC powder/cold powder	Feldene	Vanquish analgesic caplets
Buff-A-Comp	Fiorinal	Viagra
Buffadyne	Formula caplets	Vioxx
Buffaprin caplets/tablets	Haltran tablets	

“Herbal” supplements:

(the following is a partial list)

Ephedra or ma huang		
Fish oil		
Flax	Ginko	
Garlic	Ginseng	
	Kava	Valerian
	St. John’s wort	Vitamin

Important note: This is NOT a complete list. Other products may contain blood thinning compounds to be avoided. Call the nurse at 212-746-5472 with any questions about any medications you are taking.

You may take Tylenol if needed.