Abington Surgical Center
We're in this together.

Abington Surgical Center is located at 2701 Blair Mill Rd. Willow Grove, PA 19090 Suite 35

A few important details for your upcoming procedure at the Abington Surgical Center

1. **PRESURGICAL HEALTH HISTORY QUESTIONNAIRE INSTRUCTIONS:**
   - **All patients** must complete a presurgical health history questionnaire prior to their procedure.
     - Please complete this form as soon as possible, and no later than one week before your scheduled date.
   - Patients will receive a **text and email** with instructions to complete your health questionnaire.
     - Log in using your **legal name** and **date of birth**
   - If you've previously visited our center, your health history questionnaire must be **updated**.
     - Use the link provided to log in, make changes, and resubmit
   - If you do not have internet access:
     - First, try to get help from a family member or friend
     - If assistance is unavailable, call **267-960-1413** to be added to our help list.

Please note the information required to complete the registration to include:

- **Prescription medications** - names and dosage of each one you take
- **Over-the-counter medications** - names and dosage of each one you take regularly
- **Vitamin and herbal medications** - names and dosage of any that you take
- **Allergies/Sensitivities** - and the allergic reaction(s) they cause
- **Previous surgeries** - and the year they were performed
- **Physician names and phone numbers**

HISTORY AND PHYSICALS:

Pennsylvania state law requires a **History and Physical (H&P)** to be completed within **30 days** of your procedure and submitted to Abington Surgical Center **at least one week prior** to your procedure date.
Please confirm with your surgeon how best to complete this requirement.

2. **ABINGTON SURGICAL CENTER COMMUNICATION**

Most communication regarding your procedure will be sent via **text message**, including:

- Important updates from Abington Surgical Center
- Your **arrival time** (sent the business day before your procedure)
- **Pre-procedure instructions**, also available on our website

https://abingtonsurgery.org/surgery-instructions

For additional assistance, please call **267-960-1413** with any questions or concerns

Thank you for being a patient of Abington Surgical Center.

We look forward to caring for you.

Pre-operative instructions (also listed on the ASC website) will include:

Important Medication Instructions Before Surgery

Please follow your surgeon's specific instructions regarding when to stop taking blood-thinning medications and supplements. These may include:

- **Over-the-counter products**: Multivitamin, Vitamin E, Fish Oil, Motrin, Ibuprofen, Aleve, Tumeric
- **Prescription and specialty medications**: Arthritis medications, Aspirin, Plavix, Xarelto, Brilinta, Eliquis, Coumadin

Important: Discontinuing any of these prescriptions must be **approved by your cardiologist and/or primary care physician** prior to surgery.

Please hold the following medications for at least 7 days before your procedure. Any patient not adhering to this recommendation may be canceled at the discretion of the anesthesiologist in charge of the case.

- **List of current GLP-1 Receptor Agonist Medications:**
  - Trulicity/Dulaglutide
  - Ozempic/Wegovy/Semaglutide
  - Mounjaro/Tirzepatide/Zepbound
  - Byetta/Bydureon/Exenatide
  - Eperazan/Tanzeum/Alboglutide

If the medication is being used for diabetes, please contact your prescriber for additional instructions for blood sugar control.

- Patients must stop MARIJUANA at least **3** days prior to procedure.
- Patients must stop PHENTERMINE at least **10** days prior to your procedure

The day of the procedure:

- **ADULTS** - Please do not eat solids after midnight before surgery. You are permitted clear liquids (water, apple juice, tea, black coffee) up until **two hours** before the arrival at the Center. Please **no milk, cream or orange juice**
- **CHILDREN** –Your child may have solid food and **cow's milk** up until **8 hours before arrival time**, **infant formula** up until **6 hours before arrival time**, **breast milk** up until **4 hours before arrival time**, and clear liquids (which consists of water, apple juice, jello) up until **2** hours **before arrival time** at the surgical center. Your child should have nothing from **2 hours before arrival time** at the surgical center. **A parent or legal guardian of a child must remain inside the surgical center the entire time the child is in our building**.
- Please come in loose, comfortable clothes.
- Do not wear any jewelry or body piercings or bring valuables besides your phone and wallet. ASC is not responsible for lost items.
- Please do not wear contact lenses or false eyelashes. If you wear hair extensions with metal clips, please be aware you may have to remove them prior to your procedure. Please check with your surgeon in advance.
- You must have a responsible driver to take you home since you will have sedation and will not be permitted to drive for 24 hours. Your driver must stay at ASC during your procedure.
- Please bring an insurance card and photo ID.
- Please do not take any medication in the morning. Please bring your usual morning medications with you for anesthesia to evaluate if they should be taken before your procedure.

If you need to cancel or reschedule your appointment, please notify ASC (215-443-8505 ext. 0)

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Jefferson-Abington Hospital

Pre Admission Testing instructions for Day of Surgery

Thank you for allowing us to partner with you on your health journey. You are scheduled to come into Jefferson-Abington Hospital on _____

PRE-ADMISSION PHONE CALL

- You will receive a pre-admission testing phone call prior to your surgery. Have all your paperwork you received from surgeon with you at the time of the call. Please have a sheet of paper handy and a list of your current medications and dosages, along with any questions you might have. You may need to schedule an appointment in the pre-admission testing department for blood work or further testing. Your nurse will let you know during this phone call.

DIRECTIONS/PARKING

- We are located at 1200 Old York Road in Abington, PA 19001. If you are entering the address into a GPS : *search* Lenfest Pavilion Zipley Garage.
- Park in the Zipley garage, take the elevator in the garage to the ground level.
- Enter the hospital in the Lenfest Building on street (ground) level. Take the elevators on your left-hand side to the first floor.
- Sign in at the SURGICAL RECEPTION DESK on the first floor of the LENFEST BUILDING.
- If you are going home the same day, please make sure you have a responsible adult to pick you up and drive you home. If you *do not* have a responsible adult pick you up, your surgery may be cancelled.
- You will receive a call the day before your surgery, with a reminder of your arrival time for the next day (Friday afternoon for Monday surgery). Please note that the original time you were given is subject to change. **We do our best to keep your surgery on time. Occasionally there are unforeseen delays/emergencies. We will keep you and your family informed of any delays.**

REMINDERS

- You should wash with antibacterial soap (Dial), unless your surgeon has prescribed something else, before coming to the hospital.
- No lotions, powders, creams, make-up or deodorant on your skin.
- Please have a new toothbrush for the night before and morning of surgery.
- Remove all jewelry, body piercings, wedding bands, plastic spacers, hair extensions that have metal clasping mechanisms, and bobby pins or metal barrettes.
- Keep belongings to a minimum, if you are staying the night your family can keep your belongings in the car until your room has been assigned. Wear something comfortable and loose fitting.
- Avoid all NSAIDS such as Motrin, Advil, Aleve, Naproxen, fish oil, all herbals, and vitamins over the counter for 1 week prior to surgery.
- No MARIJUANA is to be INHALED at least 24 hours prior to surgery.

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Additional Pediatric Instructions

- Please bring the photo ID of the parent or legal guardian and your child's insurance card
- The child **MUST** be accompanied by parent or legal guardian (paperwork **must** be provided).
- It is required that a parent or legal guardian remain at the surgical center the entire time the child is in our building.
- Please bring a blanket, stuffed animal, favorite toy or other item of comfort for your child to take through the operating room and into the recovery room with them. Bringing a tablet/iPad or other handheld gaming device is also suggested to be used in the preoperative area as it is found to be a good relaxation tool.
- For infants or toddlers, please bring a bottle or sippy cup for the recovery room and extra diapers.

Fasting Instructions

Your child may have a light meal (which consists of toast or formula) until **6 hours** before arrival time at the surgical center.

Your child may have breast milk until **4 hours** before arrival time at surgical center.

Your child may have clear liquids (which consists of water, apple juice, jello) until **2 hours** before arrival time at surgical center.

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GLP-1 RECEPTOR AGONIST AND DPP-4 INHIBITORS POLICY

Adopted: 5/23
Revised: 9/23, 9/24, 9/25

GLP-1 receptor agonist medications decrease both the secretion of acid in the stomach and how quickly food is emptied from the stomach, prolonging the sensation of fullness. This can limit how much a person eats and may ultimately lead to weight loss.

While DPP-4 inhibitors slow the inactivation and degradation of GLP-1, a hormone involved in glucose removal from the gut which decreases gastric emptying and blood glucose.

Policy: Due to the risk of aspiration, all GLP-1 receptor agonists and DPP-4 inhibitors should be held prior to surgery. Weekly injections should be held for (1) week while daily injections and daily oral medications should not be taken day of surgery. The ASC standard fasting restrictions should be followed. As this is a recommendation, on the day of surgery, any patient not adhering to this recommendation may be canceled or allowed to proceed at the discretion of the anesthesiologist in charge of the case.

List of current GLP-1 Receptor Agonist Medications:

MEDICATION	ROUTE	FREQUENCY
Lyxomia/Adlyxin/Lixisenstideand	INJECTION	DAILY
Byetta/Bydureon/Exenatide	INJECTION	WEEKLY
Victoza/Saxenda/Liraglutide	INJECTION	DAILY
Eperazan/Tanzeum/Alboglutide	INJECTION	WEEKLY
Trulicity/Dulaglutide	INJECTION	WEEKLY
Ozempic/ Wegovy/Semaglutide	INJECTION	WEEKLY
Mounjaro/Tirzepatide/Zepbound	INJECTION	WEEKLY
Rybelsus (same family as Ozempic)	ORAL	DAILY

List of current DPP-4 Inhibitors Medications: (all daily tablets)

Januvia	Nesina	Onglyza
Qtern	Tradjenta	Kombiglyze XR
Oseni	Glyxambi	Qternmet XR
Trijardy XR	Steglujan	Jentadueto
Jentadueto XR	Kazano	Lemme