



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**

2. 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.

3. 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 Byetta/Bydureon/Exenatide
 - Ozempic/Wegovy/Semaglutide Eperazan/Tanzeum/Alboglutide
 - Mounjaro/Tirzepatide/Zepbound

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.
- Phentermine must be **STOPPED 10** days prior to your procedure

The day of the procedure:

- **ADULTS** - You may **NOT** eat solid food after midnight the evening prior*, but are permitted clear liquids like water, apple juice, tea, or black coffee (no orange juice, no milk) 2 hours before your arrival.
- **CHILDREN** – Your child may **NOT** eat solid food after midnight the evening prior*. Your child may have **formula or milk** until **6 hours** before arrival time, **breast milk** until **4 hours** before arrival time, **clear liquids** (which consists of water, apple juice, jello) until **2 hours** before arrival time at surgical center.
- 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.
- **parent or legal guardian of a child must remain inside the surgical center the entire time the child is in our building.**

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

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We look forward to caring for you.