

ASPIRE ASSIST

PRE-PROCEDURE INSTRUCTIONS

MY PROCEDURE INFORMATION:

Procedure Date: _____

Procedure Time: _____

Arrival Time: _____

LOCATION:

WAKEMED NORTH FAMILY HEALTH AND WOMEN'S HOSPITAL

10000 FALLS OF NEUSE ROAD, RALEIGH, NC 27614

1 WEEK PRIOR TO YOUR PROCEDURE:

- STOP: Anti-inflammatory drugs (NSAIDS) such as ibuprofen, Advil, Motrin, Aleve, Aspirin
- Tylenol may be used freely, including the day of procedure.
- PICK UP your antibiotics and pain medication (if prescribed), which you will use after your procedure.

THE NIGHT BEFORE YOUR PROCEDURE:

- You should have **NOTHING TO EAT OR DRINK** beginning **12 HOURS** before your procedure.

PROCEDURE DAY:

- Please take any morning blood pressure or heart medications with small sips of water. Otherwise, you are to have absolutely **NOTHING TO EAT OR DRINK** the day of your procedure.
- If you are on insulin or oral diabetes medications, please consult with your physician to discuss adjusting these medications. Typically, we recommend **NOT** taking your diabetes medications the morning of the procedure, as you will be fasting.
- Please arrive **2 HOURS** prior to your procedure time. Check in at the Concierge Desk at the main entrance of WakeMed North hospital. You will be taken to the same day surgery suite.
- A licensed driver (18 and older) **MUST** accompany you and remain during your visit.
- Plan on spending 3 hours at the hospital. Do not bring jewelry or valuables.
- Wear comfortable clothing. Do not wear contact lenses. Bring warm socks.