

Thank you for choosing Lakeland Regional Health for your care. We look forward to your arrival. Please read and follow the steps below prior to your surgery or procedure:

- ☐ Complete your 3 Chlorhexidine showers.
- ☐ Arrange transportation to and from the hospital with a responsible adult and limit the number of visitors to two. Please plan to have a responsible person remain with you 24 hours after surgery.
- ☐ Wear loose clothing and only bring photo ID, insurance card, co-pay and current medication list including prescription and over-the-counter medicines and supplements, with dosages and times.
- ☐ If you use a CPAP machine for sleep apnea, bring it with you to the hospital.
- ☐ Remove all jewelry and any piercings. Your procedure may be cancelled if jewelry or piercings are not removed for your safety.
- ☐ Plan to arrive at the **B Entrance** and check-in at the information desk.
You need to arrive **2** hours prior to your scheduled procedure.
- ☐ No eating or drinking after midnight, which includes gum, cough drops, hard candy, mints, tobacco etc., unless otherwise instructed by your doctor's office.
- ☐ **Take medications for blood pressure, heart disease, seizures, Parkinson's and thyroid** with a sip of water the morning of your procedure.
- ☐ If you are diabetic **do not take any medications containing Glucophage, Metformin, Avandamet, within 24 hours prior to your surgery time.** If you have taken one of these medications, please call **863.284.1690** during normal business hours to speak to a nurse.
- ☐ Review [Surgery Guides](#) for more information.
- ☐ If you have **NOT** stopped the following: **Aspirin, Plavix, NSAIDS, Coumadin, Pradaxa** or **other blood thinners**, please verify with your physician if those should be stopped.
- ☐ If you have any mobility issues or questions concerning your procedure, please call us during normal business hours at **863.284.1690**.

Your health and safety are our highest priorities. We look forward to seeing you soon!
Lakeland Regional Health Surgical Team