**Pre-op Call**
- Expect a phone call the week of your procedure with more detailed instructions, including your arrival time. You may also receive information on My Health Online.

**Transportation**
- Plan for a responsible adult over the age of 18 to accompany you home.
- A taxi, Lyft, or Uber is allowed ONLY if you have another responsible adult with you. If you are unable to arrange transportation home, your procedure may be postponed.
- The above may not apply for procedures without sedation.

**Help at Home**
- We strongly recommend you have a responsible adult with you for the rest of the day.
- If you have children, arrange for childcare.

**Medications**
- Talk to your doctor if you take blood thinners or medications for heart, diabetes, blood pressure, or breathing problems.
- Bring a list of your medications and supplements.
- Bring your emergency inhalers and/or migraine medication, if applicable.

**Symptoms of Illness**
- Contact your doctor right away if you develop a cold, flu, sore throat, fever, cough, rash, or open wound. We may need to postpone your procedure.

**Pregnancy Concerns**
- Tell your doctor before the procedure if there is any chance you are pregnant.
- Be ready to tell staff the date of your last menstrual period.

**Food and Drink**
- Follow your doctor’s specific instructions regarding food and drink restrictions. These begin one week prior to your procedure.

**Colonoscopy Bowel Preparation**
- Follow ONLY the instructions given by your doctor’s office.
- DO NOT FOLLOW INSTRUCTIONS FROM ANY OTHER SOURCES, INCLUDING THE INSTRUCTIONS WITH YOUR PREP BOTTLE.

**Procedure Checklist**
- DO NOT wear lotions, creams, make up, nail polish, or scented products.
- DO NOT wear contact lenses. Instead, bring eyeglasses and case.
- DO NOT bring valuables. This includes wedding rings, wallet, credit cards, purse, etc. The Surgery Center is not responsible for lost valuables.
- DO shower or bathe the night before or the morning of the procedure.
- DO wear comfortable, loose fitting clothes that are easy to remove and put on.
- DO wear flat shoes.
- DO bring photo identification and insurance card.

Notes:_____________________________________
___________________________________________
___________________________________________
___________________________________________
___________________________________________
___________________________________________

**RECORDING, LIVE STREAMING, OR PHOTOS ARE NOT ALLOWED FOR THE PRIVACY OF OUR PATIENTS AND STAFF.**
**Admissions**
- A nurse will guide you through the admission.
- Provide the name and phone number of the responsible adult taking you home.
- For patients under 18, a parent or guardian must remain in the lobby during the entire stay.
- Family and friends may wait in the waiting room. They may be allowed to come in once you have been admitted, time permitting.

**Anesthesia**
- Sedation or anesthesia will be discussed with you prior to your procedure.

**Recovery**
- Nursing staff will care for you in the recovery area until you meet criteria to go home.
- You will be in recovery for approximately 30 minutes. It is normal to go home feeling drowsy.
- Visitors may be limited to provide confidentiality for you and other patients.

**Discharge Instructions**
- Detailed written instructions will be provided and discussed in recovery.

**WHAT TO EXPECT AFTER YOUR PROCEDURE**

**Possible Side Effects**
- Temporary dizziness and forgetfulness is common due to the medication you receive for the procedure. You may not remember the conversation with your doctor in recovery.

- **Nausea & Vomiting:** You may experience nausea and vomiting. Small, light meals and staying hydrated may help. Call your doctor if it lasts more than 24 hours or prevents you from staying hydrated.

- **Pain:** You may have some discomfort after your procedure such as abdominal cramping and/or sore throat. These conditions should be minor and decrease with time. Call your doctor if pain is worsening and severe.

- **Infection:** Infections are very rare. Call your doctor if you develop a fever (101 F or above).

- **Bleeding:** A small amount of bleeding may occur after your procedure. Call your doctor if you experience heavy bleeding.

**At Home**
- We strongly recommend you have a responsible adult with you for the rest of the day.
- **DO NOT:** drive, operate machinery/tools, drink alcohol, use recreational drugs, or make important decisions, for the rest of the day.
- **DO:** follow all doctor’s instructions given.

**Follow-Up Phone Call**
- A nurse will call you the next business day to check on how you are doing. This is an opportunity to ask any questions.

**Your Opinion Matters**
- You may receive a survey regarding your experience at our surgery center. Please complete and return your survey. Your feedback will help us improve our services.

**NOTE: REFER TO SPECIFIC DISCHARGE INSTRUCTIONS GIVEN ON THE DAY OF YOUR PROCEDURE**

**PAMF Surgery Center Locations**

<table>
<thead>
<tr>
<th>Surgery Center Fremont</th>
<th>Surgery Center Palo Alto</th>
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</thead>
<tbody>
<tr>
<td>3120 Kearney Street</td>
<td>795 El Camino Real, Level A</td>
</tr>
<tr>
<td>Fremont, CA 94538</td>
<td>Palo Alto, CA 94301</td>
</tr>
<tr>
<td>Phone: 510-498-3600</td>
<td>Phone: 650-324-1832</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Surgery Center Mountain View</th>
<th>Surgery Center San Carlos</th>
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</thead>
<tbody>
<tr>
<td>701 E. El Camino Real, Level 1 NW</td>
<td>301 Industrial Road</td>
</tr>
<tr>
<td>Mountain View, CA 94040</td>
<td>San Carlos, CA 94070</td>
</tr>
<tr>
<td>Phone: 650-404-8444</td>
<td>Phone: 650-596-4200</td>
</tr>
</tbody>
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