

Pre-Admission testing hours:

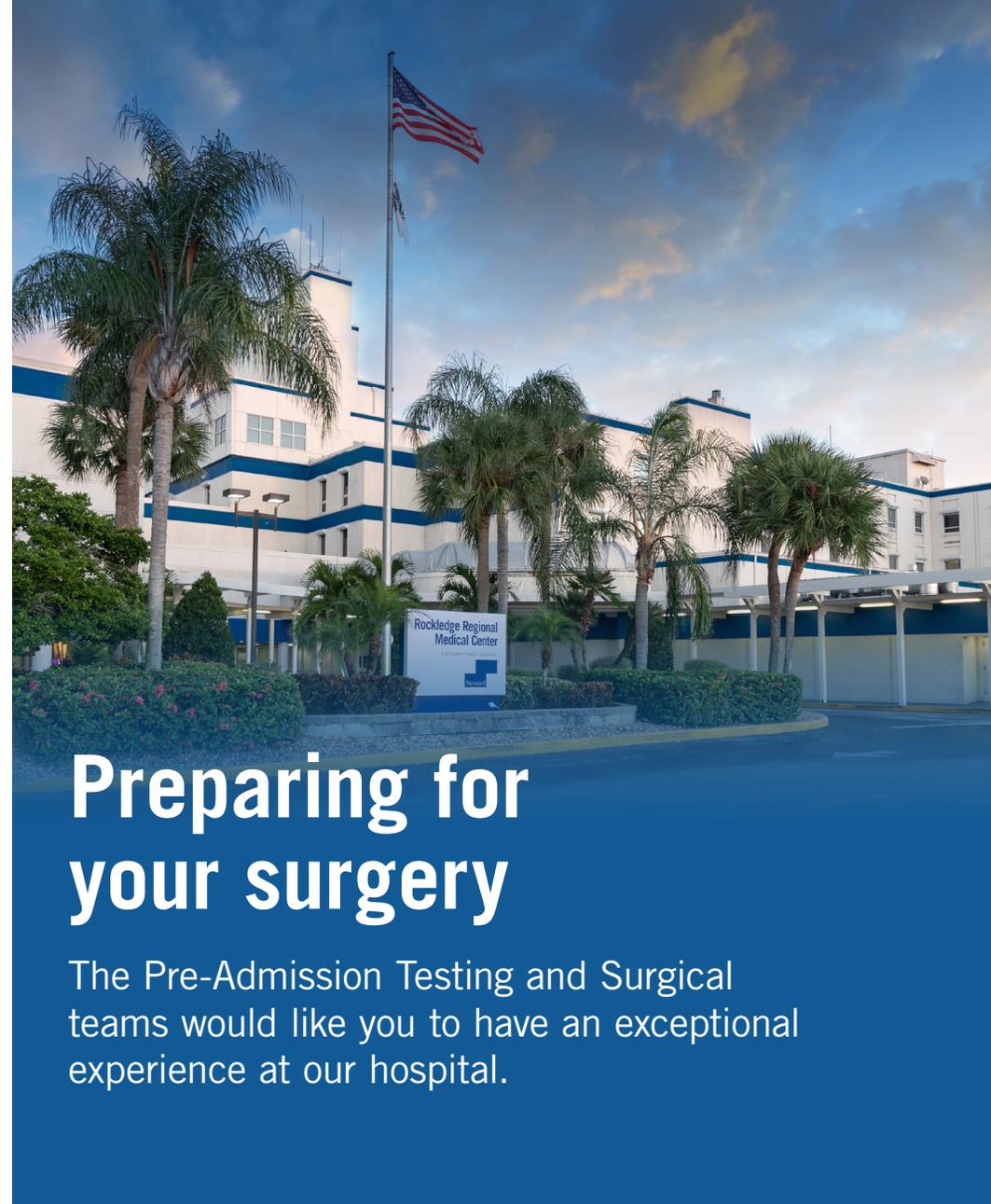
8:00 am to 5:00 pm Monday through Friday. Phone number 321-637-2475.
Please leave a message on voicemail if there is no answer.

Outpatient testing hours:

6:30 am to 4:00 pm Monday through Friday.
Tests are walk in; no appointments needed.

After hours, if you need to cancel your surgery, please call
321-636-2211 and ask the operator for the House Supervisor.

**Thank you for choosing Rockledge Regional Medical Center
for your health care needs. The staff looks forward to taking
care of you.**



Preparing for your surgery

The Pre-Admission Testing and Surgical teams would like you to have an exceptional experience at our hospital.



ACC Department | 110 Longwood Avenue | Rockledge, Florida

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Pre-Admission:

Pre Admission nurses will be contacting you by phone to review your health history and give instructions in preparation for surgery. It will be helpful to have the following information ready:

- Names and doses of all prescriptions, over the counter medications, herbal medications, vitamins and any medical marijuana.
- Names of medication and food allergies and your reaction.
- Names of medical illnesses, surgical history, and heart history/surgeries and implants (pacemakers, total joints, pain or insulin pumps).
- Name and number of the person driving you home; you cannot drive after surgery. You may only take an UBER, taxi or public transportation IF you are accompanied by a responsible adult 18 years or older. An additional option is medical transportation at your cost that you must arrange.
- A responsible adult must drive you home and have access to you for 24 hours.

Getting ready:

- You will need surgical soap such as Chlorhexadine or Hibiclens available at Rockledge Regional or any drugstore.
- Have tests ordered by your surgeon done as soon as possible, or within 30 days of surgical date (ex: EKG, blood test, chest x-ray or urinalysis. Pregnancy tests are good for 14 days).
- Have a reachable day time phone number on file with your surgeon.
- Stop over the counter and herbal medications FIVE days prior to surgery, and any appetite suppressants two weeks prior, or as directed by your physician/surgeon.
- Please DO continue taking your blood pressure, heart, seizure, antidepressant/ anxiety, thyroid and pain control medications. Diabetic medications will be addressed on a case by case basis.
- If you have diabetes and take insulin, please check with your PCP for dosage the day before surgery. Some diabetes medications may need to be held up to one week prior to surgery (ex.: Semaglutide such as Ozempic, Trulicity, or Mounjaro).
- Blood thinners (anticoagulants) such as Coumadin/Warfarin, Eliquis, Pradaxa, Xarelto, Plavix and any dosage of Aspirin, may need to be held 3-5 days prior to surgery at the discretion of the prescribing doctor or surgeon. Please confirm with your surgeon.
- Do not shave or clip the hair on your legs, under arms or near the surgical site 48 hours prior to the day of scheduled surgery.

Day before surgery:

- Nurses call between 1 and 6 PM to give you your arrival time for admission.
- Take a shower with the anti-bacterial soap the night before surgery.
- Nothing to eat after midnight. Your nurse will let you know when to stop drinking water.

Day of surgery:

- If told to take medications, take them as soon as you wake up, with a **SMALL** SIP of water.
- Take a second shower with anti-bacterial soap.
- Do not apply creams, lotions, deodorants or make up.
- Wear loose comfortable clothing.
- Leave all valuables at home. Remove jewelry, piercings and watches. Leave those at home too.
- Tell your family members that it is chilly in the hospital and to dress in layers.
- Bring legal photo identification (driver's license), insurance card and form of payment.
- Bring glasses with a case, dentures, and hearing aids, if applicable. Please bring your cell phone.
- Bring your CPAP machine if you require one.
- Come to the main hospital entrance (opens at 5 am); there will be a security guard at the courtesy desk to check you in.
- Our Access Service Representative will register you into our computer system.
- When you are escorted into the Ambulatory Care Center you will be asked to use Chlorhexidine towelettes to wipe down your skin. You will change into a surgical gown and be supplied with non-skid socks. One adult family member may be in the suite with you. All other family members will wait in the lobby.
- A registered nurse will admit you. Lockers are provided to secure your belongings while in procedure.

Things to remember:

If any instructions discussed with nurses or printed in this brochure are different from your doctors' instructions, please **FOLLOW THE DOCTOR'S ORDERS.**



This brochure is meant as a checklist for information to prepare the hospital and the patient for your surgery.