



New York
Eye and Ear
Infirmary of
**Mount
Sinai**

New York Eye and Ear Infirmary of
Mount Sinai
310 East 14th Street
New York, NY 10003-4297
Tel: 212 979 4000
TTY: 212 979 4358

NYEE Preoperative Instructions for Outpatient Surgery

Patient Name: _____ Surgeon: _____ Surgery Date: _____

Before your Surgery:

- **Complete Pre-Admission Testing (if required) as soon as possible.** Your surgeon or internist will arrange for your pre-admission testing.
- **Complete all Pre-Admission Forms as soon as possible.** Complete the forms provided to you by your physician and return them to your physician.
- **Ask your physician about medications.** You should continue your usual doses of your medications on and up to the day of surgery with a sip of water unless directed otherwise by your surgeon, internist, or cardiologist. Please view "NYEE Department of Anesthesia Pre-Operative Patient Medication Guidelines" for further detail (<http://www.nyee.edu/files/NYEE/Health%20Professionals/Admitting%20Forms/adm-preoperativ-e-patient-medication-guidelines.pdf>).
- **Call your physician if you develop a cold.** Please report any illness that develops during the week before your scheduled surgery to your physician.
- **Contact your insurance company.** Call your insurance company 7 to 10 days prior to your surgery to advise them of your surgery date. For questions, please call the Financial Screening Office at (212) 979-4311.
- **NYEE will call you the day before your surgery to inform you of your arrival time to the hospital.** Please arrive on time to ensure smooth preoperative processing. If you have not been called by 8 pm the day before your surgery, please call the Admitting Office at (212)-979-4306.

The Day of Your Surgery:

- **What to bring:**
 - All reports and tests you have received from your physician.
 - Your insurance information and ID.
 - A list of your medications (unless previously provided on the NYEE Patient Information Form). Please bring a list of your medications with times taken and dosages with you, as well as a list of allergies to medications, foods, or other substances. Use the "My Medication List" as a guide (<http://www.nyee.edu/patient-care/resources/medication-list>).
- **What to wear:**
 - A loose, comfortable short-sleeved shirt that can be easily removed.
- **What NOT to bring or wear:**
 - All valuables, jewelry, body piercings, body lotion, make-up, nail polish, and contact lenses.
 - Dentures, glasses, and hearing aids may have to be removed prior to surgery.



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The Day of Your Surgery (continued)

- **Arrange for an escort.** If you are going home on the same day as your surgery, you must have a responsible adult designated to accompany you home after surgery. You will not be permitted to leave without an escort.
- **What you may eat before surgery and when:**

| Time | Eating and Drinking Guidelines | Examples |
|-------------------------|---------------------------------------|---|
| 2 hours before surgery | Only Clear Fluids | Water, Black Coffee, Clear Tea, Apple Juice and other clear juices, Carbonated beverages. |
| 6 hours before surgery | Only Light Meal | Coffee with milk, orange juice or other fruit juices with pulp, cereal, bread, toast, crackers. |
| 8+ hours before surgery | Heavy Meal Allowed | Fatty or fried foods, cheeses, meats, eggs. |

- **Your arrival:** Please report to the Admitting Office located on the 1st floor of the main building at 310 E. 14th Street. After you are registered in Admitting, you will proceed to one of the Ambulatory Surgery Units (5th, 7th, or 9th floor), where you will change into hospital attire and be interviewed by several members of the care team.
- **During your surgery:** Your escort or any family members or friends should wait in the waiting room on your assigned Ambulatory Unit Floor (5th, 7th, or 9th floor). We strongly recommend that you not bring children, as we do not have facilities or personnel to adequately supervise them.
- **After your surgery:** You will be closely monitored until you are ready to be discharged home or transferred to your room in the hospital if you are staying overnight.