



Dear Patient,

Newport Coast Surgery Center would like to take this time to welcome you to our facility. As a reminder, please review the following to prepare you for your appointment.

Scheduling and Insurance Authorizations:

Every effort is made to get our patients scheduled as quickly as possible. Your Physician's office may even provide you a tentative date of your procedure.

If required by your insurance provider, before a procedure can be scheduled, your Physician's office will need to contact your insurance provider to ensure coverage of your procedure. This Prior Authorization process can sometimes take approximately 10-14 business days to complete.

Once the insurance prior authorization has been completed, your Physician's office will compile and submit all the corresponding reports and orders to the Newport Coast Surgery Center's (NCSC) Authorizations and Scheduling team to move forward with scheduling your procedure. The scheduler will call you to discuss what has been authorized by your insurance carrier and any share of cost you may be responsible for in association with your procedure.

If your Physician deems it necessary to get you scheduled sooner, you may be responsible for an out-of-pocket payment at the time of your scheduled appointment. Should you have any questions regarding the scheduling or authorization process please call our team at (949) 644-5800, option 3, or by email at authorizations@ocpain.com.

Pre-Procedure Preparation:

- STOP eating 6 hours before your procedure time. You should also avoid chewing gum, mints, and candy, as they stimulate gastric secretions and could result in aspiration during your procedure and/ or severe nausea post anesthesia.
PLEASE NOTE: Prescription medications may be taken with a sip of water at their usual time, including pain medication- if advised to continue taking by your Physician*
- You may only have clear liquids (ex: water, apple juice, etc.) until *three (3)* hours prior to your procedure.



- To avoid cancellation of your procedure by our Anesthesia team, you are advised to STOP taking any GLP-1 Agonist medications for weight loss purposes, 14 days prior to your scheduled procedure due to the delayed gastric emptying these medications cause.
- If you are taking any GLP-1 Agonist medications for diabetes management, it is advised that you consult with your Endocrinologist.
- If you are taking any of the following medications, please discontinue within the time frame advised below, unless you've been directed otherwise by your Physician.

MEDICATION	DISCONTINUE
Ketorolac	1 day prior to procedure
Ibuprofen	1 day prior to procedure
Etodolac	2 days prior to procedure
Indomethacin	2 days prior to procedure
Xarelto	3 days prior to procedure
Edoxaban	3 days prior to procedure
Aspirin	4 days prior to procedure
NSAIDS	4 days prior to procedure
Pradaxa	4 days prior to procedure
Eliquis	4 days prior to procedure
Naproxen	4 days prior to procedure
Meloxicam	4 days prior to procedure
Coumadin	5 days prior to procedure
Brilinta	5 days prior to procedure
Diclofenac	5 days prior to procedure
Relafen	6 days prior to procedure
Plavix	7 days prior to procedure
Effient	7 days prior to procedure
Daypro	10 days prior to procedure
Feldene	10 days prior to procedure

- The day before your scheduled procedure our clinical team will call you to review your pre-admission instructions. These instructions are also posted on the Newport Coast Surgery Center website at newportcoastsurgery.com
- Please arrive 30 minutes prior to your procedure time to allow time for our admitting process. Please note, the Operating Room is dynamic and may exceed allotted



appointment time frames in certain patient cases. Our receptionist will effectively communicate with you should there be an unprecedented delay in your scheduled procedure time.

- Patients who receive sedation or general anesthesia *must* have a responsible adult (at least 18 years of age) to escort them home after surgery. It is strongly recommended that each patient have a responsible adult to remain with them for the first 24 hours after surgery. Post-op complications are rare, but they are more easily addressed if you have someone to assist you during your time of need.

The responsible adult must be at least 18 years of age and willing to assume responsibility for your care. The responsible adult is usually a family member or friend. A taxi, Uber or Lyft driver does not qualify as a responsible adult because he/she cannot assume responsibility for your care.

Smoking

Smoking is harmful to your health and the health of others in your household. Patients and other household members should not smoke 24-48 hours before surgery to decrease the chance of breathing complications during and after sedation or general anesthesia.

Urgent Medications

Patients should bring their “urgent medications” (e.g., insulin, inhalers, nitroglycerin) with them on the day of their scheduled procedure.

Items to Bring with You

- Valid insurance card
- Photo identification card
- Form of payment for any fees not covered by your insurance. Payment must be made in full prior to your procedure.
- Updated list of all your current medications, including dosage, frequency and date/time of last dose taken.
- Completed Patient Registration packet
- List of all or any medication or food allergies
- Urgent medications, as listed above.

Items to Leave at Home

- Jewelry and other valuables should be left at home for safekeeping.
- Please give your wallet, cell phone, cash, etc., to the person who will be driving you home, after you have checked-in for your procedure.



Newport Coast Surgery Center cannot assume responsibility for any lost or stolen items.

What to Wear

- Please wear loose and comfortable clothing.

What Not to Wear

- Remove all jewelry including rings, earrings, and body piercings. The metal in jewelry may burn the skin if electrocautery is used during your surgery.
- Please do not wear contact lenses. Most procedures are performed with your face down.
- Please do not wear makeup.
- Please do not wear dark fingernail polish. Fingernail polish may interfere with our ability to monitor the amount of oxygen in your bloodstream.

The members of our staff at Newport Coast Surgery Center are committed to making this a positive, comforting, and pleasant experience for you. If you have any questions or concerns, please contact our, Nursing Director, Andrea Lorenz, at (949) 718- 3600, or by email at alorenz@ocpain.com, or our Administrative Director, Della Dosky, at (949) 644-5800 or by email at ddosky@ocpain.com.

Thank you,

The Newport Coast Surgery Center Team