



**Gritman Same Day Surgery**  
**700S.Main**  
**Moscow ID 83843**

**Pre-surgery Nurse 208-883-6259**  
**Same Day Nurse 208-883-6262**

Procedure Date: \_\_\_\_\_ with Dr. \_\_\_\_\_

**Your arrival time will not be finalized until the day before your procedure.** You will receive a call between 12pm & 4pm the business day prior. If you do not receive a call by 4pm, please reach out to our **Same Day Surgery staff at (208) 883-6262.**

48 hours before procedure, do not shave your body. Beard can be shaved the night before. If any hair removal is needed, our staff will take care of it the morning of procedure.

Please remove artificial nails, gel nails and/or nail polish. Failure to remove nail products may result in your procedure being rescheduled to a later date. Check with your surgeon if it is an issue.

**Two showers are highly recommended.** The evening before the procedure, take a shower using Hibiclens or anti-bacterial soap such as Dial or Safeguard. (Hibiclens or CHG solution is available at your pharmacy or from our Pre-surgery nurse). Dry off with a clean towel and do not put anything on your skin, including deodorant or lotion. Please get into clean sheets to sleep and repeat the shower process in the morning. Wear clean, comfortable, clothing to the hospital. **Shower instruction sheet for Hibiclens is available from Pre-surgery nurse.**

You may brush your teeth the morning of procedure. If you have dentures, please do not glue them into your mouth. They will be removed prior to going to the operating room. Please do not wear contacts to the hospital and have your glasses available if needed.

**After Midnight before your surgery,** do not eat ANYTHING solid, including dairy products (milk or coffee creamer). No tobacco or alcohol products of any kind, and no chewing gum, mouthwash, mints or cough drops after midnight. You may have clear liquids until **2 hours before arrival time** to the hospital. Water, black coffee or tea, Gatorade and apple juice are approved clear liquids you may consume.

**Take the following medications the morning of surgery. Necessary medications can always be taken with a couple sips of water. If your medication is not listed below, do not take it. Pre-surgery nurse will advise you of your list.**

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Remove ALL jewelry including rings and tongue and/or body piercings. Leave your jewelry at home if possible. Gritman is not responsible for any valuables brought to the hospital.

If you use a CPAP machine and/or rescue inhaler, please bring them with you. Do not bring any home medications unless specifically instructed to do so.

Bring your legal ID (drivers license, state ID, passport, etc.) and insurance cards to the main registration located at the South entrance of Gritman. You are required to have a ride home. You may have a guest accompany you and wait in your room during your surgery.

***Please reach out with further questions by calling 208-883-6262.***

***Thank you for choosing Gritman for your care.***