



GORELICK

GYN | ONCOLOGY

Pre-Surgical Testing (PST)

New York Presbyterian Brooklyn
Methodist Hospital
506 6th Street

West Pavilion corner entrance
(6th street and 7th avenue),
2nd floor

Tel. 718-780-5060

Pre-op Area

New York Presbyterian Brooklyn
Methodist Hospital
506 6th Street
Brooklyn, NY 11215

Room 302 (3rd floor)

Pre-operative instructions

Getting ready for surgery can at times be stressful and overwhelming. Here are some basic instructions that will make this experience for you as smooth and stress-free as possible.

Initial Planning

Now that your doctor recommended surgery, several steps need to be taken to prepare for it. During your office visit, you will be told the date of the surgery and the aims/risks of it will be discussed with you.

Approximately 1-2 weeks prior to the procedure YOU WILL BE CONTACTED by Pre-Surgical Testing (PST) and THEY WILL SET UP AN APPOINTMENT for you to come to the hospital.

During this visit, bloodwork will be drawn as well as an EKG and a chest X-ray depending on your age. You will have to fill out a questionnaire and meet with a nurse.

No fasting is necessary. If your primary care provider would like a copy of the PST results, they can request it. The phone number of Pre-Surgical Testing (PST) is 718-780-5060.

Medical clearance (if needed) is one of the most important requirements prior to surgery and should be obtained promptly

Medical clearance

Depending on your age, type of surgery, medical conditions, your doctor may request that you obtain MEDICAL CLEARANCE pre-op. Medical clearance is a letter from either your PCP or a specialist if you have one (e.g. cardiologist, pulmonologist or both, etc.) stating that it is safe for you to proceed with surgery and anesthesia.

As soon as you know your surgical date, please contact your doctor to start working on the clearance. Sometimes, your PCP will need to perform additional tests or refer you to another specialist pre-op in order to complete the clearance. If the patient is not cleared, their surgery may need to be postponed or cancelled. The final clearance letter should be faxed to our office and/or Pre-Surgical Testing at least several days prior to surgery to ensure everything proceeds as scheduled without delays or cancellations.



Make sure you discontinue any **BLOOD THINNING** medication at the appropriate time prior to surgery.



Surgical instructions

The scheduling office will contact you **THE DAY BEFORE SURGERY** to inform you of the time and location of your procedure. Please check with our front desk to make sure we have at least 2 working phone numbers where we can reach you. The scheduling office number is 718-780-5443.

If you prefer to be contacted in a language other than English, please inform our front desk staff.

You can continue eating solid food until 8 hours before surgery and clear liquids until 3 hours before surgery

Please arrive at Pre-op Area in Room 302 (3rd floor of Main Hospital) 2 hours prior to your scheduled procedure.

No bowel prep, enemas or special intestinal cleansing is needed unless instructed otherwise by the doctor (in this case you will be given a prescription and specific instructions)

Leave valuables at home



Please take off and leave at home any jewelry (especially rings, bracelets and earrings). Remove all piercings so that they don't interfere with some of the equipment we use in surgery.

same day. An escort is not required if you will be admitted to the hospital.

Pre-Surgical Testing will instruct you on which medications you are to take with in the morning of surgery. As a general rule, you SHOULD take your blood pressure, heart and thyroid medications with a sip of water in the morning of surgery.

Avoid NSAID's (Motrin-Ibuprofen, Advil, Aleve, Naprosyn) for at least 3 days before surgery unless otherwise instructed. Tylenol is safe to take.

Avoid Aspirin or Vitamin E for 10 days before surgery to decrease the risk of bleeding

Notify your doctor of any other BLOOD THINNING medications (such as Lovenox, Coumadin-Warfarin, Xarelto, Eliquis and others). You will receive special instructions on when to stop those before surgery

If you smoke, it is advisable to stop as soon as possible. Do not use alcohol the day before surgery.

Good luck!

